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LEMONADE

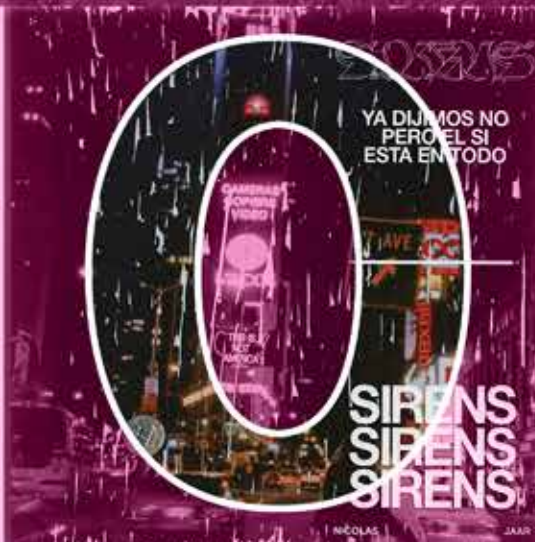
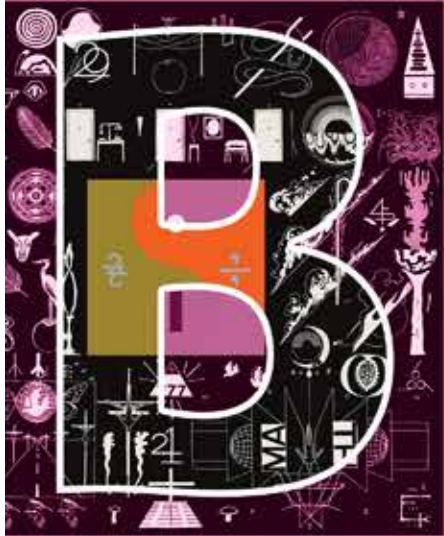
the other press

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Networking

I'm sure you've all heard from a bunch of people that "It's not what you know; it's who you know." They're right. Networking is one of the most important things you can do to get ahead in your career path or to just find a job. There are even events dedicated specifically to meeting and making connections with people in your industry.

However, I always found the concept daunting. I love people, and I feel like I get along with most people well, but cold walking up to a stranger at one of those events and making a connection is a little scary. The whole thing can seem a bit artificial, too, since you're not often truly making a connection.

That doesn't undermine the idea of networking, though. You just have to do it in a way that works best for you.

This often means that you have to make good impressions with those you know more casually. Every job I've had—including this one—I came into because I made a solid impression on a friend. If someone trusts you and trusts your ability to work, they'll be more willing to stick their neck out for you and help you get a job when you need it, or if they need you. Make sure people know your skill set, and try not to do things like be consistently late or forgetful.

Another big one for when you're in school is make sure you make connections with your professors, especially those in

the department you're hoping to work in. Go to office hours, ask questions in class, appear super interested. It's not easy, but by making a positive impression on your professors and building a relationship with them, you might open doors for yourself that you wouldn't have access to normally.

Lastly—go to networking events sometimes. Just find ones that suit you. A few years back, a few classmates and I attended a monthly meet up for local writers, and they all grab a beer, bond, and tell stories about their troubles with writing. It was really fun, and much more relaxed than more formal events. Still, it can be weird breaking into new groups, so go with a couple friends, classmates, or colleagues, and then you'll have

support and someone to talk to if things are a bit awkward. A good resource for finding these kinds of events is meetup.com, which allows you to find groups of people with similar interests as you.

No matter how you go about it, remember that connections are important. Having an in can net you a job that you never would have known about otherwise, and having a solid reference from within a company will be a huge help. Just do what you're comfortable with, but put yourself out there as much as you can, and above all—be someone you would want to hire.

Until next issue,

Lauren Kelly

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- ✓ Parties just want to have funds
 - ✓ Spotlight: The Douglas College Business Association
 - ✓ Royal Columbian Hospital secures million dollar upgrade
- And more!

Port Coquitlam city staff receive raise to living wage

> City of Vancouver to follow suit

Mercedes Deutscher
 News Editor

Port Coquitlam became yet another BC municipality—after New Westminster, Quesnel, and the Huu-ay-aht First Nations—to award its staff a living wage at the beginning of 2017. All those employed by the city are now guaranteed a minimum wage of \$20.64 per hour—\$9.84 more than BC’s current minimum wage. Those who have not had their contracts renewed yet may still be paid under the new wage, but can expect the raise by the end of the year. A task force of city managers will calculate the exact costs of the new living wage, with a formalized report due in the spring to be certified by the Port Coquitlam city council.

The change will hopefully raise some of Port Coquitlam’s families above the poverty line. Last year, the Living Wage for Families Campaign reported to the Port Coquitlam city council that 15 per cent of children in the city, or approximately one in seven, lived below the poverty line. “Implementing a living wage is a



Image via Thinkstock

small cost for a big impact in the lives of low-wage workers and contractors who will breathe a little easier at the end of the month,” said Deanna Ogle, member of the Living Wage for

Families Campaign, in a statement. However, it is unknown whether the wage increase for city employees will make a significant difference for Port Coquitlam families living under

the poverty line as a whole, since the wage increase will only affect those hired by the city, not those who make their living in the service industries. Port Coquitlam’s changes will be soon followed by the City of Vancouver, who will be awarding living wages to not only its city staff, but also staff members of the Vancouver Public Library and the police board. “Changing this reality requires a host of policy initiatives at all levels of government. But without question, having a major city government adopt a living wage policy is an important piece of the mix,” said Seth Klein, the director of the BC branch of the Living Wage for Families Campaign, to the CBC. Ogle scrutinized the provincial government for being relatively absent from the growing conversation on living wage, noting that it is something the BC Liberals should be taking interest in with the provincial election around the corner. “This is an opportunity to make poverty an issue. Affordable living is something that we want to see all political parties endorse,” Ogle said to the *Tri-City News*.

New Westminster and Coquitlam drive changes

> Agreement reached over Brunette interchange

Mercedes Deutscher
 News Editor

New Westminster and Coquitlam have created a task force on the Brunette interchange, after the provincial government began creating a formal project plan for the roadway. The task force will be co-chaired by both mayors from New Westminster and Coquitlam, and will contain two councillors and two experienced engineers or transportation staff from each city. The task force is undertaking three alternative proposals for the interchange, with a report expected from the task force by February 27. All three proposals will share a common theme—to focus on making Brunette a direct corridor between New Westminster and Coquitlam, and to divert regional traffic elsewhere. For New Westminster, keeping Brunette accessible for ambulances to go to and from the Royal Columbian Hospital is a top priority. As for Coquitlam, improving the flow of traffic through the community of Maillardville is key, as well as not having any

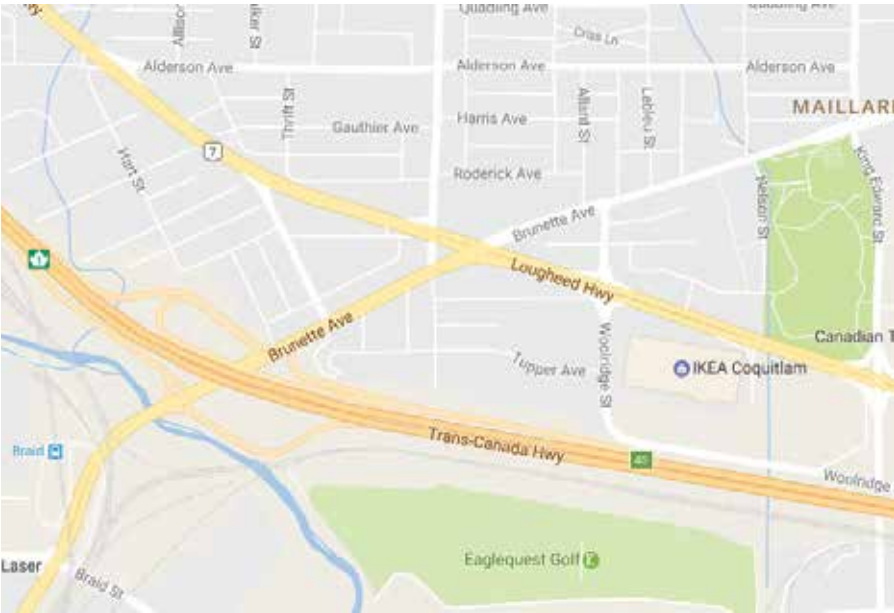


Image via Google Maps

negative impacts on local businesses. The interchange has been the cause for heated debates between the two municipalities in the past, with both cities having gone to court and arbitration. “The hope is that we might be able to choose an option,” Coquitlam

Mayor Richard Stewart told the *Tri-City News*. “It might be a blend of options, [and] it would be something that enables both communities to achieve what we want to achieve.” The provincial project website states: “Improving the Brunette overpass is

critical for moving people and goods in this area and for private and emergency vehicles accessing Royal Columbian Hospital. Currently, this interchange is often a bottleneck on the Highway 1 corridor, especially at peak times.” Brunette, which has an average of 60,000 vehicles passing through it daily, has been problematic for collisions, which can often lead to the interchange being idle for hours. Brunette also hosts the highest number of crashes in Coquitlam, according to ICBC data. The interchange has also been problematic for those who utilize public transportation at Braid Skytrain station, as pedestrians have long had struggle accessing the station. “Given the potential impacts of a new Brunette Avenue interchange, it is critical that we work together to ensure the best interests of our respective communities are kept front and centre,” New Westminster mayor Jonathan Cote said to the *New Westminster Record*. Until a plan is decided on, there are no speculative completion dates for the interchange.



Spotlight: The Douglas College Business Association

> A scope of DCBA events happening in winter 2017

Carlos Bilan
Staff Writer

The Douglas College Business Association (DCBA) held their first general meeting of the year at the New Westminster campus on January 9. The room was filled with students taking accounting, finance, and other business-related programs. Students who attended also signed up to volunteer for future events.

"The DCBA is a student run association that hosts a variety of events around Douglas College, such as information sessions and networking events. We also provide various volunteer opportunities," said DCBA Vice President Jiro Amato. "For anybody who wants to meet new people and

get involved in the campus, then this is a great place for you. Although it's a business association, the DCBA caters to all students, and not just business students."

The DCBA has prepared many exciting events which will take place this semester. DCBA will hold its first social night of the year on January 29, a member appreciation night on February 15, an information session about the Burnaby Board of Trade Access Program on February 28, a tax clinic from March 1 to April 30, an accounting firms networking evening on March 9, a business professionals panel night on March 23, and a de-stress evening on April 4. The DCBA also encourages members to let the executive team know if they have any ideas for a future event.

On January 10, they hosted their first

event, which was the UBC Information session for students who are interested in transferring to the UBC Sauder Bachelor of Commerce Program. The session was presented by Debbie Lin, the UBC Sauder Admissions and Recruitment Officer.

It was a big hit according to DCBA President Milan Sagar, who noted that it was quite the accomplishment, given that it had a short amount of time to prepare and had little advertising. The DCBA also held an information session on January 13 for participants interested in attending the CPABC Annual Business Case Competition.

In addition, the DCBA is running a contest within the association where the winner becomes January's member of the month, and their photo will be featured on the DCBA website's "Wall of Fame." There are two ways participants can

enter the contest. One is to post a picture of themselves giving a presentation to join the DCBA in their class and post this picture on Instagram using the hashtag #dcbaprez.

The other way is to make a presentation in class to join the DCBA, and get the professor to sign a piece of paper containing the following: "I, (insert name), made a DCBA Presentation in (insert class name)" and post this photo of the signed paper on Instagram using the hashtag #dcbaprez. Participants can enter multiple times, since each class presentation is one entry. This contest will run from January 9 to January 22 and two winners will be selected. Besides being featured on the website, winners also receive a five dollar Tim Horton's gift card.

Parties just want to have funds

> BC Liberals and BC NDP begin preparations for election

Mercedes Deutscher
News Editor

With now under five months until British Columbians go to the polls, BC's leading political parties are starting their financial preparations for May 9.

The BC Liberals have already been vigorously fundraising for their campaign; having raised \$12.5 million in campaign funds in 2016, their total campaign fundraising is at \$32.4 million since 2013.

Political parties are legally obligated to release their fundraising data every March. However, the governing party will be releasing fundraising reports to the public every two weeks until the election. Their data will also include details of those who have donated, and how much they have donated.

"Our voluntary real-time reporting of donations, in addition to strict spending limits on parties during campaigns, means that citizens can have confidence in our democracy," said BC Transportation Minister Todd Stone to the *Vancouver Sun*. Stone has also been declared the BC Liberal election campaign co-chair.

Some of the BC Liberals' fundraising tactics have brought on scrutiny, such as Premier Christy Clark and other ministers

charging the public to attend events where they would be able to talk to the premier and other ministers. It is a move that the BC NDP, the primary opposition in the coming election, called "selling access to power," according to the *Vancouver Sun*.

However, the BC NDP has hosted similar affairs, including a November event at which supporters could pay \$10,000 to dine with BC NDP leader John Horgan.

The BC NDP is also criticizing their opponents for taking donations from unions and corporations, and claim that they will not be accepting such donations.

"It's a gimmick, because there's been so much fire for refusing to ban corporate and union donations. I think British Columbians will see through it," said BC NDP MLA Jodie Wickens to the *Vancouver Sun*.

The BC Green Party hasn't accepted such donations since last year.

Despite the criticisms of their main opponents' fundraising techniques, it appears that the BC NDP will continue to accept the corporate and union donations during this election cycle, if only to compete with the BC Liberals. However, if elected, John Horgan had stated that they will change the election laws to disallow such donations in the future.



Christie Clark, via Wikimedia



Photo by Analyn Cuarto

Royal Columbian Hospital secures million dollar upgrade

› New Westminister hospital introduces next wave of redevelopments

Aaron Guillen
Staff Reporter

Every day, millions of Canadians rely on their health coverage to be there when they need it. With over 20 hospitals catering to the needs of over two million people in the Metro Vancouver region alone, wear and tear is guaranteed to take a toll on these facilities—and the Royal Columbian Hospital (RCH) is no different.

In recent years, RCH has quickly become one of the busiest medical centres in the Metro Vancouver area. Founded in 1862, RCH stands as the oldest hospital in the province, and after 155 years, this New Westminister hub of health is in dire need of a new upgrade.

Recently, RCH invested \$1 million in order to upgrade their pneumatic tube system that webs across the entire facility. Items such as blood samples, medications, and various specimens are transported through various tunnels inside the building. The connection that the system provides between wards, which was once innovative, lacks modernization today. According to the *New Westminister Record*, the hospital staff are “urged to double bag urines and fluids before sending them through the Royal Columbian’s outdated pneumatic tube system.” In addition, a separate electric track system that

carries items by means of a small vehicle inside RCH’s walls will be replaced.

Reema Prihar, RCH site operations manager, said to the *New Westminister Record* that the RCH’s plan is to expand and up-the-ante, specifically with the security for their future system, thus replacing the current slow and outdated system. The new upgrades will be able to save innumerable hours transporting certain specimens and blood products that previously had to be carried to their individual destinations. Notably, narcotics have not been and will not be delivered around the hospital, even with the upgrades, due to foreseen security concerns.

“While the system is equipped with security features to safely transport narcotics across the hospital, we will not be using it for that purpose at this time. Pharmacy technicians will continue to be responsible for stocking narcotics directly in the automated dispensing cabinets to ensure security,” stated Fraser Health spokesperson Tasleem Juma to the *New Westminister Record*.

The new system is guaranteed to save time for patients waiting for medications or test results, as paperwork can be transported via pneumatic tubes. Prihar noted that RCH is looking forward to the future updates to improve efficiency, especially since “those minutes

can feel like hours for a patient.”

Upgrades are expected to begin in spring and be completed within the following year. With their new network of pneumatic tubes, 24 new stations will be added across the facility, 6 of them included in their upcoming RCH redevelopments.

Lately, Royal Columbian Hospital has been taking small steps towards a new health-care centre dedicated to those with mental health and substance abuse issues. Last month, Bird Design-Build Construction Inc. was announced by Fraser Health as the chosen contract for building their new facility. The new, unnamed facility is planned to replace Sherbrooke Centre, an outdated 30-bed psychiatric unit, which was once a dormitory for nurses.

“Improved mental health and substance use care is a priority area for government,” said Health Minister Terry Lake in a press release. “The new facility coming in phase one will help to address British Columbians’ increasing demand for mental health care services, advance care for seniors, and increase the capacity for outpatient care, which links people to community mental health services.”

RCH is planning to begin construction on a new 75-bed mental health and substance abuse facility soon after contracts are finalized, expected to

be in the earlier half of 2017. Currently, specifics such as project cost and what agreements are entailed remain pending until contracts are complete. According to a recent press release, officials are placing a tentative finish date of winter 2019, but it should be noted that construction was originally planned to begin in 2016, when plans for the project were announced in 2015.

According to the same press release, Bird Design-Build Construction Inc. plans to include an IT network pathway, an IT communications hub, an underground parkade, and connections via tunnel and bridge to the current hospital.

“This is an important project milestone,” said Michael Marchbank, president and CEO of Fraser Health, in the press release. “It brings Fraser Health one step closer to breaking ground on our new patient-centred facility for people and families coping with acute mental health and substance use challenges.”

Both upgrades are part of a multi-year, three-phase project: the Royal Columbian Hospital Redevelopment. As part of Phase One, the budget hovers closely below \$260 million and includes moving the location of the helipad and the building of a new energy centre to replace the current RCH power plant.

A note on history: Key developments of keyboard instruments

> The history of the piano

Caroline Ho
Arts Editor

The piano probably seems like one of the most basic and ubiquitous instruments out there. Pressing keys down is pretty simple—a lot easier than, say, shaping your mouth in just the right way to make sounds into a trombone. But open up any acoustic piano, and you'll see an intricate mechanism of wires and hammers. It took plenty of innovation and centuries of improvements to get to the modern piano.

Keyboard instruments have been around for most of history, and pipe organs have existed since Ancient Greek times over 2,000 years ago. The first keyboard stringed instrument resembling a piano was the dulcimer, which was made of strings stretched over a board that were struck with hammers, invented sometime in the Middle Ages. Other similar string instruments were the virginal, spinet, and clavichord. The most direct ancestor of the piano was the harpsichord, which had strings that were plucked by quills when the player pressed a key.

The main problem with the harpsichord was that it wasn't capable of dynamics—it could only produce sound at one volume. In about 1700, an Italian harpsichord maker named Bartolomeo Cristofori created an instrument that used hammers to hit strings without



Image via Wikimedia

remaining in contact with them, allowing the string to vibrate. This let the player of the instrument produce music at different volumes depending on how hard the key was pressed. Cristofori called his instrument the “gravicembalo col piano e forte” (keyboard instrument with soft and loud)—which got shortened to pianoforte (soft and loud), and eventually became known as the piano.

This new instrument didn't replace the harpsichord immediately, but it began to attract notice when a journalist wrote an article about the invention in 1711. Other instrument builders soon made their own versions of the piano based on Cristofori's design, including Gottfried Silbermann, who implemented the first version of the sustain pedal. In the 1740s, famous Baroque composer J.S. Bach endorsed the instrument, which

significantly boosted its popularity, especially because Bach had supposedly disapproved of the instrument when he first encountered the piano in 1736.

From there piano manufacturing grew rapidly in the following decades. The industry was focused in England and Vienna, the latter of which was a huge centre of classical music and the home of composers like Mozart and Beethoven. Pianos became larger and louder, capable of producing sounds that were increasingly dynamic and were able to play repeated notes rapidly, which changed the kind of music that composers could write. One major innovation was the full iron frame that was first created in 1825, an improvement on the prior wooden frames reinforced with iron. This allowed for greater tension in the strings, so an even more

powerful sound could be produced. The range of the piano was extended to its modern eight octaves in 1842.

Piano makers experimented with a lot of different designs and shapes. The first grand piano was created in 1859 by Steinway & Sons, which is still one of the largest piano manufacturers in the world today. For the more casual musician, square pianos—which are blockier than upright pianos—were quite popular in the 1800s, but gradually they began to be replaced by the smaller, lighter upright version.

In the second half of the 19th century, assembly-line manufacturing in the US began to dominate a lot of industries, and instrument-making was no exception. Mechanized production led to pianos with standardized parts and sounds, and they became increasingly cheap to produce, which made them affordable to own. By the early 20th century, the upright piano was basically a staple in middle-class households, and learning to play became practically a societal expectation.

The piano itself hasn't changed much in shape or design since the late 1800s, but it's still a hugely popular instrument. Of course now there are electric pianos and digital keyboards that don't have any strings and hammers at all, but instead are capable of creating a range of digital sounds and effects. Versatile as they are, pianos have become an essential part of so many styles and genres, and their evolution has been quite dynamic.

Stretched to the limit

> 'Speak Out' board game review

Ed Appleby
Illustrator

We all like to indulge our childhood now and again. There is nothing that pushes that button like doing something funny and gross.

Speak Out (2016) is a party game published by Hasbro. In the game players put plastic devices in their mouths that stretch their lips tight and keep their mouths open as they try to say phrases on cards that other players try to identify, in sort of a charades style. Players score points by guessing right.

This game is the equivalent of the kids joke of hooking the sides of your mouth with your fingers and trying to say “born on a pirate ship.” The mouth pieces are not painful, but are far from the most comfortable thing, and saliva will be getting everywhere.

You may never look at your friends the same way again—apparently I look like Jack Nicholson trying to smile while playing the game.

That said, the game is fun. It becomes a testament of skill and frustrations as you attempt to pronounce ‘b’ and ‘p’ without the use of your lips. We discovered that some players had a bit of an advantage depending on how strong their lips and tongue were, and a huge advantage if they had any ventriloquism training.

The game suffers from a few pitfalls associated with a lot of skill or trivia games, in that some players may start at a distinct advantage based on their skill sets.

I would recommend *Speak Out* as a casual party game, especially if there has been a little drinking involved. Just make sure whoever owns the game is diligent about washing the mouthpieces.



Illustrator by Ed Appleby

The artistic influences of Middle-earth

> The real world cultures that inspired Tolkien

Greg Waldock
Staff Writer

J.R.R. Tolkien, author of *The Lord of the Rings*, wasn't just one of the most prolific fiction writers of the 20th century. He was an avid historian, linguist, and translator for cultures and languages across Europe, and he focused on mythological epics and legends. The people he studied shaped his stories from the languages they spoke to the monsters they fight.

Dwarves: A staple of Germanic and Nordic mythology. Short, sturdy people with a love for mountains and craftsmanship, dwarves of Middle-earth are changed very little from the lore in appearance. However, Tolkien based the culture more on the Jewish peoples of Eastern Europe, with a secret language (Hebrew for the Jewish, Khuzdul for the Dwarves), a history of diaspora, and a now more-than-slightly racist association with gold and jewelry.

Elves: The most detailed and unique of all Tolkien's creations. Elves are immortal beings brought into being shortly after the beginning of the world, and are seen by basically everyone as the most (infuriatingly) perfect, beautiful creatures alive. Their design, from meticulously detailed language to flowing architecture,



Image by J.R.R. Tolkien

is focused on Celtic and Arthurian (King Arthur, Merlin, etc.) lore. Elves as tall and magical beings of nature instead of short, flying mischief-makers is distinctively Celtic and this aspect is fully utilized in the film trilogy, which used examples of Celtic art to create the sets of Rivendell. The languages of the Elves, languages plural because Tolkien was an enormous linguistics nerd, are rooted largely in Finnish and developed from there over

the course of decades in his journals.

Men: Tolkien was a linguist first, a historian second, and an author third. This is most evident in the diversity of Men. A complicated group with a long and detailed history, Men are the only race with free will. This allows for astounding cultural diversity, which let Tolkien flex his historical muscles. Rohan, the country of horse lords, is strongly based

in Anglo-Saxon imagery. The wide open plains and emphasis on horsemanship are hallmarks of Anglo-Saxon literature and lore, and the language of Rohan is very similar to Middle English. Gondor, the kingdom Aragorn inherits, is based on a mix of Byzantine, Langobard, and Goth influences, reflected in the films with bleached white walls and high spires, and a desire to restore a lost civilization. Númenor, the greatest historical kingdom of Men that most Middle-earth kingdoms are descended from, is basically Atlantis and is based in Greek mythology. Those are just the most important regions, however, and less mentioned realms like Angmar have their own influences based around Europe, and the people who live outside of Middle-earth, riding those enormous elephants, are a sort of amalgamation of African and steppe cultures.

Hobbits: Humble, simple, friendly, and fat. The idealized Englishman. The Shire, the home of the Hobbits, is Tolkien's personal heaven. The rolling green hills and gentle rivers are a fond callback to the quiet English countryside he grew up in. Hobbits as a whole are passionate about food, family trees, and gossip, and are happy to share all of these with friends and family. Quaint and slightly incompetent, these guys are basically just country English folk at their most stereotypical. Stiff upper lip and all.

YouTube Music Video Classics: Wham!

> The style of the '80s

Jerrison Oracion
Senior Columnist

Last month, George Michael passed away on Christmas Day in his cottage home. While many people will know him for his solo work, he is also famous for being in the group Wham! with Andrew Ridgeley, which would set the standard in British pop music. Here are some of the group's greatest music videos. Throughout the videos, watch carefully for the members of the band, especially for two of their backup singers. Rest in peace George Michael.

Wham! Rap

The group's first hit single from their debut album *Fantastic* shot them to stardom. In the video, Michael visits Ridgeley in his parents' house and he tells him to explore the world outside his front door. We see references of the duo's neighborhood of London in the '80s. The first few seconds of the music video look like a British version of *The Fresh Prince of Bel-Air*. The song is one that you could dance to, and the music video is also the beginning of a long journey for the group.

Club Tropicana

In the video, Michael, Ridgeley, and two of their backup singers are part of a flight crew and we see them in a sunny destination when they are not on duty. We see shots of the group in

the classic shot of showering under a fall. We even see Ridgeley using a cellphone in the '80s. Also, it shows the fun of a sunny destination.

Wake Me Up Before You Go-Go

The music video of the group's most

famous song from their second album *Make It Big* has a lot of interesting things in it. We see the group performing in front of enthusiastic fans wearing the famous "choose life" shirts. There is a lot of dancing in the music video and we also see glow in the dark scenes in the second half. Jimmy



Cover of 'Make It Big'

Kimmel and James Corden parodied this video during the Emmy Awards last year. The song sounds optimistic, which is one of the reasons to "choose life."

Freedom

The interesting thing about the group is that they were the first western group to perform in China, in 1985. This is as big as when The Beatles performed in the Budokan arena in Japan in 1966. Not to be mistaken with the song that Michael made during his solo career, the trip is documented in this music video. There is a lot of nostalgia for China in the '80s, and we see interesting martial arts. When we see the group perform, we see a lot of people in the audience who are excited and dancing to Wham!'s music.

Last Christmas

You likely heard this song a lot during the holiday season and its music video shows what Christmas in the '80s looked like. The group and their band spend a weekend in a cabin in a mountain resort, and Michael gets very close to one of the people in their band, even though he is very close to one of their backup singers. The music video shows Wham! decorating, having dinner, and playing in the snow. There are some scenes in it that are very typical for music videos of songs made in the '80s. Surprisingly and tragically, last Christmas was George Michael's last Christmas.

The stories behind the abstract art

Gallery exhibit features paintings by Claire Sarfeld

Caroline Ho
Arts Editor

The Amelia Douglas Gallery's newest exhibit, *Vuja De*, opened on Thursday, January 12 to showcase the work of Fraser Valley-based artist Claire Sarfeld. *Vuja De* features 21 paintings and a limitless number of experiences for every viewer.

At the exhibit's opening reception on Thursday evening, Sarfeld said that she doesn't have an exact name for her distinctive style of abstract painting, which is composed of layers upon layers of sweeping lines and expressive shapes. She said she would probably describe the movements as "push and pull," because of her technique of scraping and pulling away at the many layers of paint. Viewing any of her pieces from a different angle, under a different lighting, brings the viewer a new perspective on the rich textures and shapes that move across canvas and paper.

"Each piece has a new conversation when they're in different spaces," Sarfeld said, describing how they work alongside the paintings hung beside them and how they fit in the space of the gallery. The pieces aren't hung in the order that they were made, but it's an arrangement that flows naturally as the viewer's eyes travel across each painting. "The show kind of puts itself together, I just bring it in," she explained. "It sets itself up."

Sarfeld is happy to talk about the process behind creating each painting. For "Trace II," with its expressive greys and whites emphasized with streaks of vivid orange, she began by mixing her colours in a water bottle and using a painter's trowel to apply them to the paper. She then tilted the paper to create some of the more fluid marks, and added chalk pastel once that was dry. Slow-drying acrylic was used to give the orange colour its vibrancy. Finally, she added white gesso, because she thought the painting needed one more layer.

With so many layers, Sarfeld said it's not always easy to know when a piece is finished. Sometimes she takes pieces home from the studio and hangs them on the wall for a while before deciding if they're finished or if they need a bit more work, and sometimes she'll know immediately. "It's more of a gut feeling," she explained. The most recent piece, "Breath"—featuring a refreshing sweep of blue and green, with large areas of stark white and touches of amber—was finished about two days before *Vuja De* went up.

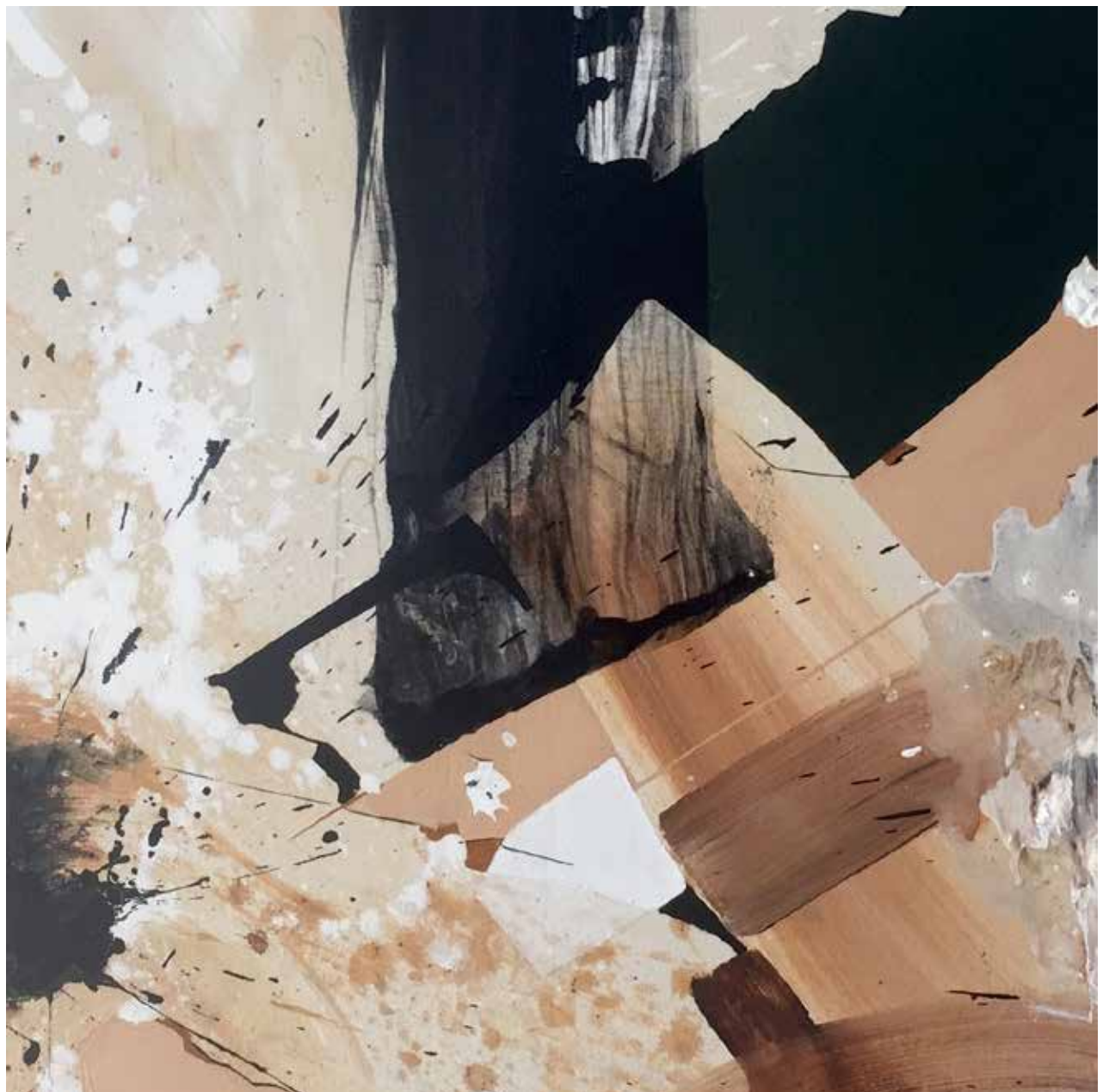
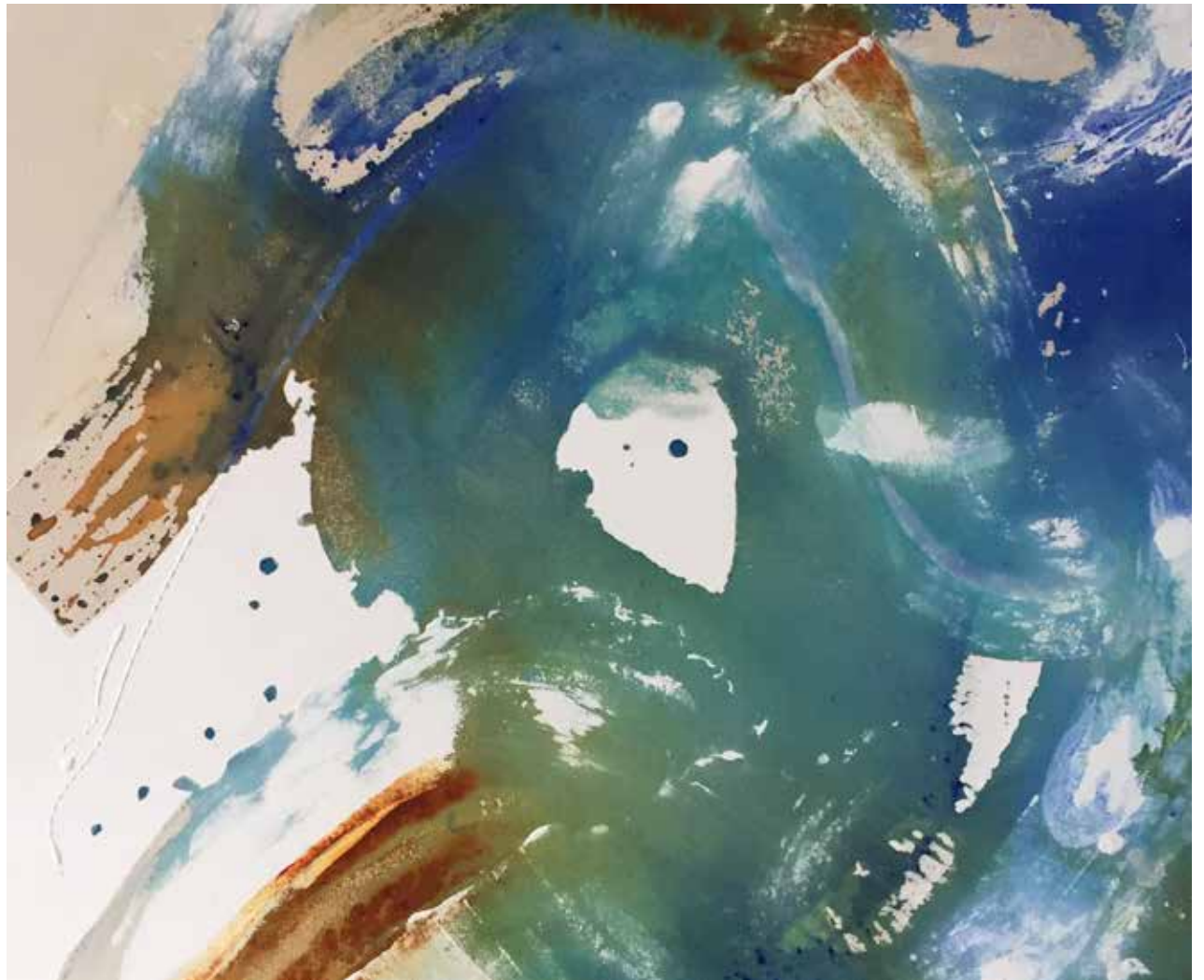
Each of the paintings has a story behind it. "Lockdown", for example, was created the morning before another show, when Sarfeld was locked out of the room where her paintings were stored. She tried every possible method of contacting people to get into the room, to no avail. "And then two hours before the show, I went to the woodshop, built a new frame, stretched a new canvas, and made a brand new painting, because that's what I had to do." The result is one of *Vuja De*'s most eye-catching works, a 48" by 36" piece on canvas with striking swathes of black.

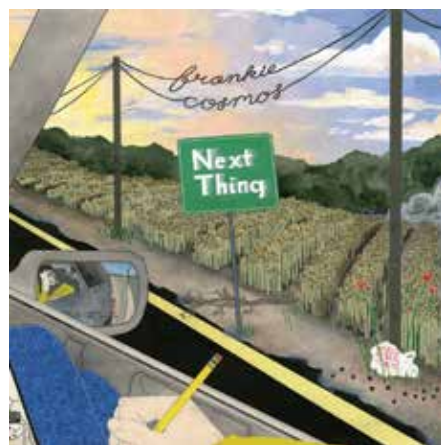
"People like the stories behind the pieces," she said.

For "London", with its pensive blacks and greys, people usually tell her they think the title comes from the colours. It's actually named after the tool she used to create the painting: the London trowel.

Of course, Sarfeld's stories aren't the only way to view her paintings, and she absolutely loves hearing what other people see—whether it's certain lines or forms they like, shapes or figures they see, or any other unique perspectives. "I find that's almost a push to make more work," she said, "so I can hear more about what people see in my work."

Vuja De will be on display in the Amelia Douglas Gallery, which is located on the fourth floor of the Douglas College New Westminster Campus, until February 25. The gallery is open from 10 a.m. to 7:30 p.m. every weekday, and from 11 a.m. to 4 p.m. on Saturdays.





20. *Starboy* by The Weeknd. This may be Abel Tesfaye's most pop-sounding album to date, but it still feels like an authentic Weeknd record. In his previous album, Tesfaye perfectly portrayed dark realities, but with *Starboy*, this imagery is lit up with neon lights. However, tracks like "False Alarm" still recall the eerie and shadowy mood from his previous works. While this may seem like a brighter album, recurring themes like drugs and sex are still evident, though it doesn't feel too self-indulgent. Tesfaye also explores a new sound he hasn't before by collaborating with Daft Punk, and some tracks have an '80s dancefloor vibe.

19. *Wild World* by Bastille. The British indie band Bastille's sophomore album improves from their debut's flaws and the result is a strong follow-up. The album's sound explores the cityscape in the album art, and each track represents different parts of this panorama. For example, an intimate part of the city can be visualized from the tracks that have a minimalistic style, and the crowded streets surrounded by huge skyscrapers can be imagined in tracks like "Send Them Off" for its exuberant horns. The fact that all songs were written by Dan Smith is remarkable, as his lyrics are beautifully poetic.

18. *Next Thing* by Frankie Cosmos. If coming-of-age teen movies were made into an album, this would be the outcome. The album is rather fast-paced, since the majority of the tracks are around two minutes at most. Despite this, they do not feel too abrupt, and it's one of the album's strengths, since one track hops smoothly to the other.

17. *E-MO-TION: Side B* by Carly Rae Jepsen. This album is a follow-up to her underrated 2015 synth-pop gem, *E-MO-TION*. It is rare for extended plays to be solid, let alone an album consisting fully of tracks of which Carly Rae Jepsen cut off from the final product of *E-MO-TION*. That is to say, she potentially considered these as weak tracks, and she only released this album as a gift to her loyal fans. However, the EP is amazing and the tracks do not sound like filler, as each one has distinctly strong characteristics and catchy tunes.



16. *Dangerous Woman* by Ariana Grande. A solid pop album by Miss Grande that taps into her inner femme fatale for its mature sound and provocative nature. "Ain't you ever seen a princess be a bad bitch?" Ariana asks seductively during the bridge of a standout track called "Bad Decisions," and in this album, she really flaunts that persona. Ariana's powerful and soulful vocals shine in this record, and the album does not sound generic, making it fresh and interesting.



14. *Sirens* by Nicolas Jaar. A chaotic and adventurous record that starts off almost silent from the solemn opener "Killing Time" and becomes disruptive due to its experimental nature. Consequently, the sound lives up to the album title, as you feel a sense of urgency and intensity. Lyrically, the album conveys the continuous tragedies that happen in the Chilean-American artist's home country. Jaar ponders about Chilean politics, but interestingly, it seems like America is caught in an almost similar situation.



The best 20 albums from 2016: #20–13

A look back at last year's music scene

Carlos Bilan, Staff Writer

CONTINUED IN FEATURE



15. *Pool* by Porches. A nostalgic and dreamy record that makes you think of rainy days, neon lights, soft pastel, and the ocean. Essentially, the album is composed of a multitude of synths, wonky basslines, and endearing hooks. Although Aaron Maine intended for this album to be something people can dance to, it feels more like the album has tracks ideal for the romantic slow dance during prom night in the '80s. You could even consider this the album to listen to after the party for its chill vibe.



13. *Blood Bitch* by Jenny Hval. It might be an album that is hard to digest for its experimental genre and the fact that it is a concept album. Jenny Hval considered this album an investigation of desire through bloodlust, so in this album, she thinks like a vampire. The album's listening experience is rather cinematic; it is as though you're watching an art house vampire film. The highlight "Conceptual Romance" is, to me, the most accessible track from the album due to its melodic phrases and mystical tunes.



Screenshot of Wii Sports

Wii Sports vs real sports: Baseball

> Wii baseball no home-run

Jessica Berget
Staff Writer

Wii Baseball is the most unpopular of the Wii sports games, and for good reason, as it is the most boring and frustrating to play. There aren't many Wii sports games I can say I've repeatedly cursed at other than Wii Baseball. The awful timing, lagging sensor, and awkward way in which you have to swing your arms in the game play is what makes this game truly irritating. It is because of all these factors—and many more—that I can say that this game did nothing to improve my athletic ability. It did, however, give me a sense of how baseball works, how to position myself when making a swing, and a sore arm.

One of the most annoying things about this game is how sensitive the sensor is. Even with the slightest flick of the wrist the avatar would throw the ball or make a weak attempt to hit it. On the other hand, no matter how hard or fast you swing, the avatar would either throw it too early, too late, or not at all. It seems the sensor only registers that you're throwing when you're halfway through your pitch, which can be frustrating when trying to play baseball. The game of baseball also includes a lot of running, an aspect of the game that is virtually absent in the Wii version.

The other frustrating thing about this game is how easy it is to hurt yourself. This may just be me, but after about 10 minutes of playing and swinging my arm in

the same repetitive movement, I found my elbow and shoulder starting to feel sore. It's not the good kind of sore you get from exercising, it's more like the kind you get from tearing a muscle or doing strenuous activities. This could be due to the fact that swinging the bat at an imaginary ball does not give anything to make contact with, therefore there is no pressure from hitting the ball. It is literally just like swinging a bat in mid-air back and forth, which can be tolling on one's joints and muscles.

The only good thing that came from playing this was that it taught me the basic rules and concepts of the sport, like how you get a foul ball, the scoring system, and how a home-run works. As someone who does not play a lot of sports, especially not baseball, this was especially helpful. I found myself actually having fun playing this game (but only in the instances that I was winning), and I actually learned a good deal about baseball. Wii Baseball can also show the player what positions to stand in, which is good practice for learning when to swing at a ball if playing the real thing.

Although it did not improve my athletic ability, and I probably won't play this game again for a while, Wii Baseball did teach me a little bit about the game and how it is played. Wii Baseball is not as challenging as the real thing, and it can be useful when a player wants to learn about the fundamentals of the sport, but playing too much can be detrimental to one's athletic ability, and possibly one's physical health.

PACWEST

MEN'S BASKETBALL

INSTITUTION	CONF	PTS
CAPILANO	7-1	14
LANGARA	6-2	12
VIU	6-2	12
DOUGLAS	4-4	8
QUEST	3-5	6
CAMOSUN	2-6	4
CBC	0-8	0

WOMEN'S BASKETBALL

INSTITUTION	CONF	PTS
CAPILANO	8-0	16
DOUGLAS	6-2	12
VIU	6-2	12
CAMOSUN	4-4	8
QUEST	3-5	6
LANGARA	1-7	2
CBC	0-8	0

MEN'S VOLLEYBALL

INSTITUTION	CONF	PTS
VIU	13-1	26
UFV	11-3	22
CAMOSUN	7-5	14
COTR	6-8	12
CAPILANO	6-8	12
DOUGLAS	5-9	8
CBC	0-14	0

WOMEN'S VOLLEYBALL

INSTITUTION	CONF	PTS
VIU	11-3	22
DOUGLAS	10-4	20
CAPILANO	9-5	18
CAMOSUN	5-7	10
UFV	5-9	10
COTR	5-9	10
CBC	3-11	6

Vancouver Island shuffle

> Royals face mid-table challenge

Davie Wong
Sports Editor

This week's viewing selection brought many a game to the fans of sport. If you were a Douglas fan, then you were also treated to some great women's basketball games featuring two of British Columbia's best teams from across the strait as the VIU Mariners and Camosun Chargers came to visit.

The Mariners were playing for table positioning against the Royals. The two came into the weekend jockeying for second and third and both wanted to prove a point. The opening quarter of the match set the tone. An explosion of offence erupted from both teams, with the Royals behind the driving seat to start. The Royals scored 21 points in the first quarter and 17 points in the second, giving them a 38-31 lead.

The second half of the game saw the Mariners give the Royals everything they had. The sudden offensive burst caught the Royals just off guard, but it was enough for the Mariners who snagged the lead 43-41 going into the fourth.

The Royals answered back in the fourth quarter as desperation took hold. But Sienna Pollard and her Mariners held fast and withstood the Royals' barrage. At the end of the game, when the dust settled, the Royals ended up taking the L, losing out to the Mariners by four points.

Despite the result, several Royals



Photograph by Davie Wong

had fantastic games. Sarah Jorgenson had 10 points and 8 rebounds, while Amber Beasley had her best game of the year, scoring 17 points in a frenzy. Rachel Beauchamp also came out of the game in form. Her 12 points and 11

rebounds gave her yet another double-double to add to her season record. Although the loss weighed heavy on everyone's minds, the Royals knew they had very little time to shape up before the next game.

The Chargers came into Saturday's game with a chip on their shoulder. Having been thrashed by the Blues the night before, the team wanted nothing more than to split the weekend and take a win off the Royals. But the Royals had other thoughts, and the game started out in their favour. The home squad took the lead early and never let it go.

They walked into halftime with a 40-27 lead, and then went out in the third and absolutely went off on the Chargers. Thirty-seven points in the third quarter alone were more than enough to put away the game. A humble 12 points in the fourth was the finish the Chargers were all but waiting for as the Royals bounced back into the PACWEST season with a 1-1 weekend.

Nearly everyone on the Royals had a big game against Camosun, but it was Rachel Beauchamp who really blew away the competition. Having been on the court for only 18 minutes, Beauchamp still snagged a team high 21 points, as well as 11 rebounds for her second double-double on the weekend.

The weekend results put the Royals in the same spot in which they started: tied for second or third with the VIU Mariners. Despite handing the Royals a loss, the Mariners were dismantled by a Capilano team that is still undefeated. Going 1-1 as well put the Mariners in the same spot as the Royals as both teams look to next week to distance themselves a bit.

Bearcats got no hops

> Women's Volleyball takes on Bearcats

Davie Wong
Sports Editor

After last week's split against the UFR Cascades, the Royals were looking to get things back on track and to get the ball rolling the right way once again. Their visit to the CBC Bearcats was just the right time to get the team back on their feet. At 3-13, the Bearcats were hardly considered a big time threat, but the Royals needed to right the ship and took to the game as seriously as they would any other.

It was definitely the right move, as the Bearcats were no slouches. The first set caught the Royals off guard as the Bearcats pushed them all the way. However, they couldn't finish, and the Royals took a 26-24 set to start the game. The next set was more to the Royals flavour as they dominated the ball and took the set 25-15. The third set was where the Bearcats made their stand, playing excellent ball and controlling the tempo. But the Royals were too much for the Bearcats, and their quick-hit offence sank the Bearcats' hope of coming back with a 25-22 set win.

Their rematch the next day was



Photograph by Davie Wong

just as exciting. The first set was nearly identical. It took a few moments for the Royals to step into high gear, but eventually they turned it on and took the set, 26-24. Their momentum swung into the second set where they demolished the Bearcats 25-14.

However, their momentum and set wins brought with them complacency. And perhaps that's where the Bearcats found their in during the third set.

The Royals slipped in form, dropping points here, there, and sort of everywhere. The result was a rare 25-21 set loss.

With momentum going the other way now, it was going to be a challenge to swing it around. And a challenge it was. The women put themselves in a fourth set war with the Bearcats, with balls flying everywhere. It went down to the very last point, but the Royals

were able to convert on their chances and drove home the game winner. They finished the set 25-23 and took the game 3-1, meaning they swept the weekend.

The win brings the Royals to the top of the standings, leapfrogging their rivals VIU and Capilano, who sit 2 points below them. For this week at least, the Royals are on top and looking pretty sharp.

THE BEST 2016 ALBUMS

A look back at last year's music scene
By Carlos Bilan, Staff Writer

Even though 2016 seemed like a terrible year due to the many unthinkable events that occurred, at least the amazing music scene was a redeeming quality. Here's a look back at the best 20 albums from 2016.

ALBUMS
#20 - 13
IN ARTS
SECTION!

#12

Bonito Generation by Kero Kero Bonito. If sugar, spice, everything nice, and Chemical X

were used to create the Powerpuff Girls then you could say the same for this powerpuff trio of music. Except to get Kero Kero Bonito, replace the formulas with video games, anime, everything pop music, then break a bottle of Chemical K for "kawaii"—the Japanese word for cute. A sonically cohesive album that incorporates different genres such as dancehall, electronic, house, and a dash of EDM. The tracks are also accompanied by tongue-in-cheek English and Japanese lyrics. This album is the future of pop music and a certified mood-lifter.



#8

A Moon Shaped Pool by Radiohead. Like the title itself, listening to the album is like being in space. Tracks like the stunning "Daydreaming" make you feel like you are

daydreaming on the moon, longing to come back to the Earth you belong to, or maybe to explore more of the wonders of space. The rock elements are gentle and the album has shimmering qualities. This majestic album proves once again why the band has had such a long-running and critically successful career.



#10

HOPELESSNESS by ANOHNI. An avant-garde and electronic album that is surprisingly accessible despite its experimental nature. The album's message is politically charged, and, like the title itself, ANOHNI audibly conveys the emotion of hopelessness in many situations. For example, in "Drone Bomb Me," she sings from the perspective of an Afghan girl who begs to be killed after her parents have been killed by drones. In "Four Degrees," she plays the devil's advocate and asks for the world to be burned from the negative effects of global warming. It's a thought-provoking album, and ANOHNI does not hold back on anything she wants to say, even when it may sound controversial.



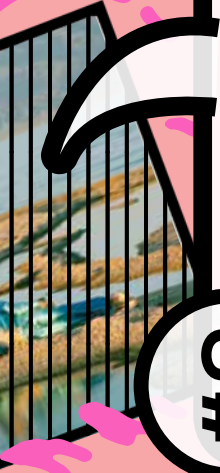
#11

Freetown Sound by Blood Orange. After the horrifying shooting that happened in a gay nightclub at Orlando, Dev Hynes dedicated this album to marginalized groups. Hynes' whispery vocals, accompanied by gorgeous synth tones, smooth funk, and alternative R&B make for a soothing listen. Many guest vocals are also featured in this album, and Hynes' clever skills as a producer shine.



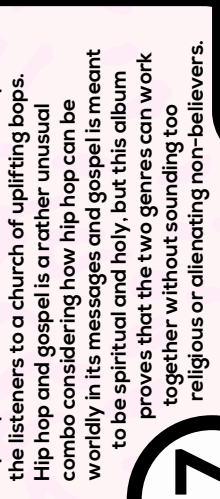
Coloring Book by Chance the Rapper. Chancellor Bennett incorporates gospel and hip hop in this brilliant album that transports





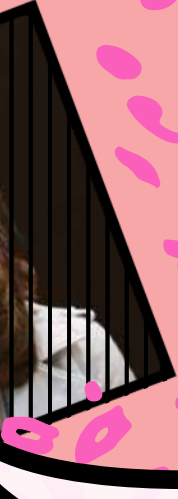
#9

Front Row Seat to Earth by Weyes Blood. The album recalls musical elements from late 1960s acid folk and 1970s AM radio, but Natalie Mering reinvents the sound. It's especially incredible how Mering wrote this entire album by herself and produced it with the help of only one producer. The result is celestial, and feels like a work of more than two. Embroidered with graceful arrangements and an enchanting voice, this album will make you feel like a VIP sitting on the front row receiving a meditative experience.



#7

My Woman by Angel Olsen. Through the possessive pronoun "my," Angel Olsen takes control of this identity through her vulnerable yet potent narrative. In this album, Olsen demonstrates her vocal versatility with the angst-filled highlight "Shut Up and Kiss Me," in which you can feel the forcefulness in her tone. With the melodramatic centerpiece "Sister," you can feel her longing, which is also enhanced by its enthralling guitar solo. The first half of the album evokes vigour, while the second half has a dreamier, more sentimental, mellow tone.



#5

Puberty 2 by Mitski. From the title itself, the indie rock album by Asian American Mitski evokes the idea of a second puberty and being confronted by the realities of adulthood. What is amazing about this album is that it covers themes like depression, suicidal thoughts, and drugs, though it does not sound emo thanks to Mitski's bravado in song-writing.



#4

A Seat at the Table by Solange. Despite being in the music industry since 2003, it was not until 2016 when Solange finally got the recognition she deserved, thanks to this impressive album. It is an easy-listening album with funk, soul, and R&B elements. Lyrically, the album is a love letter to the black community and celebrates a black womanhood. However, anyone could learn a lot from listening to this album; in the interlude "Tina Taught Me," Solange's mother talks about how being pro-black is not anti-white, and how celebrating black culture is not putting down white culture. Another important song is "Don't Touch My Hair," where Solange addresses why people should respect black culture by not appropriating it.



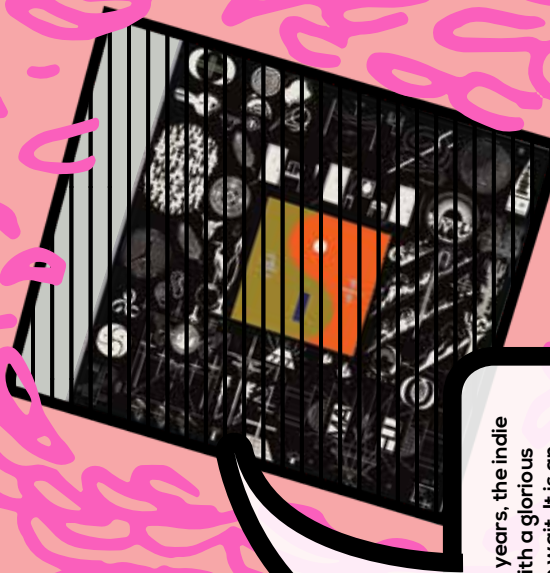
#2

Lemonade by Beyoncé. A brilliantly structured R&B album that successfully delivers a narrative on the stages of grief, which echoes her rocky marriage with Jay-Z. The album also celebrates her upbringing, culture, and blackness, which makes it her most personal effort to date. Taking into consideration how she produced this album and showcased many different genres, Beyoncé proves yet again that she can create a groundbreaking album.



#3

Blond by Frank Ocean. The highly anticipated album is a strong follow-up of his critically acclaimed debut. If you listened to this album and weren't blown away on first listen, then I really suggest you give it another go because the more you listen to it, the more you start to notice its subtle grandeur. The track "Self Control" is a highlight, and it has a stunning outro that can give you goosebumps. The album is not Channel Orange part two because in that album it seems like Frank is only just growing his wings, but with Blond, he's flying.



#1

22, A Million by Bon Iver. After five years, the indie folk band has finally returned with a glorious album that was well worth the wait. It is an artistically innovative album where traditional folk meets digital electronic sound. Concept-wise, the album has a creative track-listing; for example, "33 God," the third track, has a length of 3:33. This accurately conveys the main theme of numerology in this record. The album's lyrics cover philosophical and divine themes with a poetic approach. This album represents human knowledge, and how limited our thoughts can be as we try to decipher the world.

Mainland

> Men's Basketball faces tough challenge

Davie Wong
Sports Editor

Coming home for this weekend was always going to be tough. The Royals faced one of the PACWEST's best in VIU as well as positional contenders Camosun in the same weekend. It would be a good test of strength for the team to see just how much they had improved over the break.

Going into the VIU game, confidence was high. It was a bit of a patchy start for the team, but they bounced back and kept it close in the third, only allowing VIU to have a three-point lead. Speaking of three points, that was the theme of the game for both squads. With both teams playing lockdown defence, the game turned into a three throwing contest. Both teams peppered the netting with fantastic shots and neither team really let up.

The intensity of the game carried into the second quarter, where the Royals fended off a VIU attack with some offence of their own. VIU ultimately came out ahead of the Royals at half time, balancing their three point lead and holding it high.

Things picked up right where they left off in the third as both squads continued to rain down shots from afar. Both squads were only fractions apart from each other throughout the third, and things went into the fourth still as they were, with the Royals trailing by only three. But in the fourth, it would be those three points that downed



Photograph by Davie Wong

the Royals. As close as the two teams were, VIU had the three points up, and the Royals had to foul themselves into a deeper hole to try and come-back. However, that comeback didn't happen, and the VIU Mariners walked away with a 77-69 win over the Royals.

VIU's Usama Zaid was a spectacle to behold that night. In 14 minutes, Zaid tallied 33 points for his team and 9 rebounds. This is some incredible efficiency.

On the Royals side, there were several players who made big impacts. Sheldon Derton scored 21 points, Grant Campbell had 11 on the night,

and Malcolm Mensah picked up 14 of his own. But the player that had the biggest impact on the court had to be Reese Morris. Reese had 18 points and 11 rebounds en-route to his second double-double of the season.

With that game in the books, the team turned to the Camosun Chargers. They set the perfect tone early into the game, scoring 23 points to Chargers' 22 in the first quarter. But the team couldn't quite hold on in the second quarter, where the Chargers came back and snatched away the lead. They walked into halftime leading the Royals 40-37.

Things only got worse for the

Royals after halftime, as the Chargers plunged their lead deeper. Another eight point differential gave the Chargers a massive lead going into a vital fourth frame. The Royals managed to come back and nick three points off the Chargers, but the three wasn't enough, and they fell to the visiting Camosun squad.

The Chargers were led by some fantastic individual play. Evan Woodson had a team-high 29 points from the bench. Mathew Hampton sank 16 points and picked up 11 rebounds for a double-double to lift his squad to a win.

Over on the Royals side, there were several big performances. In his 10 minutes on the court, Grant Campbell grabbed 14 points for the team. Reese Morris had 11 points and 8 rebounds. But the Royals' monster came from the bench. Malcolm Mensah was instrumental to the Royals staying in as long as they did, with 27 points on the night, as well as 15 rebounds to snag his second double-double of the season.

The weekend's results bode poorly for the Royals in the standings. While VIU, Langara, and Capilano are all tied up for first at 8-2, the Royals sit at fourth with a 4-6 record. They are tied with Quest, and only one game ahead of the Camosun Chargers. While the playoffs are certainly within reach, the team really needs to consider positioning as the top three continue to drift away from them, and the bottom two continue to drift closer.

Bouncing back against the Bearcats

> Men's Volleyball team soars against Bearcats

Davie Wong
Sports Editor

It's been a while since the Royals men's volleyball team has tasted victory. Nearly two months to be exact. Their last win was clocked in November, and the team was in desperate need of a morale booster.

Their slump comes at a time when playoffs are right around the corner and points begin to matter even more than normal. This week, the PACWEST saw them playing against the Columbia Bible College Bearcats in a battle between two lower table teams. But from the way both teams played, you could never tell.

A win against the Bearcats was never guaranteed, but for some of the players, it was expected. However, the Bearcats weren't going to go down easy. In Bearcats style, they would fight until the last point, and you could see that right from the start. The first set saw the Douglas squad start strong into the game and seize their chances, going up 1-0 on a 25-22 set win.

The second set proved much easier



Photograph by Davie Wong

for the Douglas team as the players set themselves up at a new level and absolutely brought the house down on the Bearcats. They took that set 25-15 and went into the third set with their head held high and their confidence on the rise. But the Bearcats would not go down without a fight. They stormed their way back into the game, keeping

themselves alive on the board long enough to secure a set win.

With momentum in their hand, the CBC team thrashed the Royals in a fourth set 25-18 to force a fifth and decisive set. It would be here that the Royals broke out of their rut and snapped back into game form, taking a

strong win against the Bearcats, 15-7.

The next game the two played was the next day. Like the day before, the Royals started out strongly, but had to fight to close the first set, eventually taking it 25-23. The second set was similar, but the Douglas squad had begun closing in the distance when the Bearcats fought back. By the time the Bearcats were in full fighting form, the Royals had put the touch on the final point of the set, taking it 25-22.

But the Bearcats were ready now. They came into the third set swinging, and just unloaded on the Royals. The barrage was a little much for the team, and they dropped the third set 25-22. Determined to not let it get to another five set game, the men turned the burner on and left the Bearcats in the dust. They finished the game with a 25-17 set win to cap the game at 3-1.

Their sweep of the weekend allowed them to finish in fourth place in the PACWEST to end the week. They sit two games behind third-place Camosun, and a game ahead of COTR and Capilano, who occupy fifth and sixth.

LIFE & STYLE

- ✓ The last laugh
 - ✓ My body, my rules
 - ✓ Beastly beauties
- And more!

Synthetic marijuana

› Why you might just want to go for the real thing instead

Brittney MacDonald
Life & Style Editor

As Canadians, we're rather proud of the quality of marijuana our glorious land produces, especially in British Columbia. This, in conjunction with the relatively easy-going possession laws regarding pot, has ensured that the idea of synthetic marijuana has remained somewhat of a continued mystery to us. However, if you know people in the United States in areas where pot is still illegal and heavily prosecuted, then you might have heard of K2 and Spice.

K2 and Spice have become the most widely-used names for synthetic cannabinoids, which is actually a family of designer drugs that have been deceptively named.

Originally introduced in the early 2000s, synthetic pot is a blend of chemicals that has been sprayed on a smokable, plant-based material, usually tobacco or some form of clove. They are often sold under the moniker of "herbal smoking blends" or as a form of incense. The chemicals used are intended to produce the same effects that marijuana's naturally occurring psychoactive chemical, THC, produces.

However, despite the "herbal" label, these blends are not organic or natural in any way, but because they contain "herbs"—in the form of the plant-based material that the chemicals have been sprayed on—advertising the blends as "herbal" is completely legal.

Along the same lines of loop-hole based logic, manufacturers have produced many variants of synthetic marijuana that carefully skirt around troublesome laws by using chemicals that are not illegal for recreational drug use. The problem is that these lab-created mash-ups often have adverse effects, such as causing psychotic breaks in individuals several months after exposure. Because these chemicals can be mixed in any number of ways, as soon as the legality of one formula comes into question, another one is ready to take its place almost immediately. Due to this ability to replace chemicals, a crack-down on

synthetic marijuana is near impossible.

Where it gets really scary is if you research the reason why synthetic cannabinoid use is so problematic from a healthcare standpoint. These drugs have a bad track record of sending users to the hospital due to accidental poisoning or chemical overdoses, even for first time users. Treatment then becomes an issue because the mixture in the synthetic marijuana is not required to be listed, so doctors and healthcare professionals

have no idea what chemicals are in your system, what effects they might have, and if mixing them with different medications could be dangerous.

There is also further risk due to the fact that some studies have claimed that certain strains of the drug are addictive—as opposed to regular marijuana, which is not.

Currently, synthetic marijuana is not illegal in Canada, but it is a Schedule II substance, meaning that it is controlled and can only be sold by a licensed pharmacist. This is most likely to change in the near future, and many suspect that a full ban is imminent.

Health benefits of making out

› Kiss your way to a better you

Jessica Berget
Staff Writer

Have you ever been in the middle of a steamy make-out session and thought to yourself "I wonder how my health is benefiting from this?" I know I have, and since winter is the season for cuddles and smooches, there is no better time to learn how kissing your loved ones (or people you just met, you do you!) can positively affect your health.

Kissing people makes you happier. Lip-locking releases a collection of feel-good hormones such as dopamine, serotonin, and oxytocin, also known as the "love hormone." These hormones make you feel happier and even better connected with your partners. Our lips are also covered with nerve endings and receptors sending signals to the brain that not only make us feel calmer but also improve our sense of well-being.

It also reduces blood pressure. Kissing's not only good for your emotional heart, it's good for your physical heart, too! During a passionate make-out session your heart rate goes up, which makes blood vessels dilate, providing clearer pathways for blood to get to other vital organs. It also relieves pain, since oxytocin is a pain reducing hormone that is

especially great for headaches and cramps.

It prevents cavities. Who knew sucking face could be good for oral hygiene? When you kiss, saliva production is increased, which helps wash any plaque on your teeth that could cause cavities. That being said, cavity causing bacteria can also be spread through kissing, especially if your partner has bad oral hygiene, so beware of bad breath!

It boosts your immune system. Swapping spit with someone allows foreign germs and bacteria into your body, so your body then creates antibodies to fight against this new bacteria, making your immune system stronger. However, this could backfire and these germs can actually make you sick, so kiss with caution.

It burns calories. It's not an hour on a treadmill, but a passionate make out session can burn about 8–16 calories per kiss. Kissing also tones your facial muscles around the mouth and shapes your jaw and neckline, so you can work out while you make out.

Making out provides a number of benefits both to one's physical and emotional health. I probably don't have to tell you to go out and get necking, but it's good for your health, so I'm going to do it anyway. Happy smooching!



Image via Wikimedia

The last laugh

› Mark Hamill's hilarious tribute to Donald Trump

Brittney MacDonald
Life & Style Editor

Poking fun at Donald Trump has become something of a national past time, both in America and up here in Canada. I mean, what else are we supposed to do, hide under a rock till the next presidential election? As tempting as that sounds, taking the next four years off to hermit crab ourselves away somewhere isn't really an option for most of us. So, I offer you an alternative, and I'm pretty sure it's one you're going to like.

If you have ever read some of Trump's tweets and you were reminded of some of the most glorious supervillains the comic book world has to offer, don't worry—you're not alone. I mean, it's pretty hard to miss the similarities with lines like "Happy New Year to all, including my many enemies and those who have fought me and lost so badly they just don't know what to do," which was Trump's actual New Year's Eve tweet, and the one that sparked writer Matt Oswalt's imagination. Oswalt replied to the tweet with one of his own, saying "This sounds like something the Joker

would say right before releasing a swarm of killer bees into Gotham," and then stated his desire to hear some of Trump's more famous tweets read aloud in the Joker's iconic voice, which has been provided by Star Wars actor Mark Hamill for over 15 years.

Never one to back down from a ridiculous request, Hamill obliged, and has been releasing short video clips over his Twitter (@HamillHimself) of him reading various Trump tweets, including the New Year's one that originally peaked Oswalt's interest.

Unfortunately, due to the politically motivated nature of most streaming or video services, most compilations of the audio of these tweets are almost always immediately taken down. A few short ones can be found on YouTube, but only ones that have been cut or heavily edited to appear more like a streaming news service. It's a loop hole in YouTube's terms of service that some people who wish to share the story have exploited—but it also means that you may have to listen to some annoying person talk over top of the initial audio itself. For now, the only way to view the readings themselves is through Hamill's personal twitter.



My body, my rules

› Public vs. private in the world of body positivity

Brittney MacDonald
Life & Style Editor

It seems like a very easily understood concept—the idea that someone's body, being their own personal property, is therefore private. Naturally, we assume that because something belongs to us, it is therefore a private space independent of public scrutiny, but as many people have come to realize, public scrutiny is not something so easily dismissed.

As an observer, I think that the dangerous territory people seem unaware that they're entering is entirely reliant on how far into politically-correct culture they are. People who believe they are doing good by keeping things PC are actually some of the worst offenders in passing judgement.

A recent example of this is the situation with plus-size model Iskra Lawrence. Lawrence, who is a supporter of body positivity and one of the founders of Runway Riot—a website devoted to creating a community of fashion and make-up lovers of all sizes—has suffered a lot of criticism over her recent weight loss. Lawrence attributes the weight loss to changes in her fitness regime that were made for health reasons. Though the weight loss is not significant enough to remove her from the plus-size modelling category, many people see it as significant enough to question her previous stance on accepting yourself for who you are.

If that sounds ridiculous to you, it's

because it kind of is. Body positivity is not a movement based on the opinions of others. Its original intent is to inspire people to accept themselves, so proponents of that movement then turning around and criticizing someone on recent changes in their physique is entirely hypocritical. It's the equivalent of saying "Be proud of who you are, but only if you're the way I want you to be."

Understandably, if you have idolized someone for their perceived acceptance of their unique body, only to see them then turn around and alter that body in a way that you see as an attempt to conform to more traditional beauty standards, you might feel betrayed. What you then need to question is the origin of your own acceptance. Have you actually accepted your body, or were there conditions to that acceptance? If there was, then the acceptance you felt before was actually an illusion—a moment in time that you were less self-conscious.

Being body positive is accepting your body as imperfect and unique no matter what state it is in. It is loving your body just as much in one size as you would if it was two sizes bigger or two sizes smaller, and it is a journey that is individual and private. So all those people who claim that Lawrence isn't body positive because she lost a few pounds, and that she isn't a good role model for the movement because she is no longer that larger size—well they're kind of missing the whole point of it, aren't they?



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Native carving in the Aboriginal
Gathering Place at Douglas College
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This week's post is by @ThornhillImages

Beastly beauties

› Exploring the ultra-femme on the red carpet

Brittney MacDonald
Life & Style Editor

Being a woman is fun, and one of the best things about ladies' formal wear is that it tends to exaggerate femininity. But what happens when designers take that idea of the ultra-femme look and use it as a muse to inspire creations meant to grace the bodies of Hollywood's elite? Well, we found out when everyone's favourite starlets trod the red carpet for the 2017 Golden Globes on January 8.

One of the top stunners in the category of ultra-femme was Lily Collins. Wearing a Zuhair Murad gown in a dusty pink, the floral appliques screamed traditional femininity and innocence while the touch of deep red lipstick added just the barest hint of sex appeal. The tulle skirt belled lower on the waistline giving the illusion of a longer torso and fuller hips. This is especially useful for someone like Collins, who is naturally petite and very slender, because she is working with minimal curves. This silhouette gives the illusion of a fuller figure.

Not needing any help in terms of giving the illusion of a more womanly figure was Priyanka Chopra. Wearing a form fitting, gold sequin gown by Ralph Lauren, the actress, who will be appearing in the upcoming Baywatch movie alongside Dwayne Johnson, decided to show off two of the most

distinctly feminine parts of the human anatomy, if you catch my drift. The deep v-neckline of the gown was then paired with a pendant necklace, perfectly framing Chopra's enviable bust. In an effort to avoid showing off too much, the rest of the gown was relatively demure, with its floor length hem and long sleeves, ensuring that the overall look was very feminine-chic.

Taking inspiration from grand dames of the past was Emma Stone. As if channeling Ginger Rogers, Stone sported a flowing Valentino dress in silver. The cut of the bodice was made to accentuate the bust and waistline, in order to give the illusion of the much coveted, hourglass figure. However, the sparkling star detailing kept the overall look very young, stopping the starlet from appearing too far past her 28 years. My favourite element of this gown was the slight train cut into the skirt. If you're relatively short, as Stone is, a train or a longer hem in the back—with a shortened hem in the front if you're looking to translate this advice to something out of formal wear—is the perfect option for you to appear taller, because it makes your legs seem longer.

Though celebrating the ultra-femme is not everyone's fashion choice, it is a look that was thoroughly embraced, and it gives me hope for the year to come. If the Golden Globes were any indication, it is going to be a very interesting and daring year for fashion.



- ✓ Propaganda and excessive spending beyond Canada's 150th anniversary
 - ✓ Saying goodbye to one of the greatest leaders the US has ever known
 - ✓ Appreciating celebrities who survived 2016
- And more!

Division of the left equals victory for the (alt-)right

> How in-fighting ultimately fucks us over

Rebecca Peterson
Humour Editor

A few months ago, back in the heady days of post-election fear and dismay—long before we all had to figure out some way to explain to our parents what “golden showers” are without bringing up awkward questions of how we know what “golden showers” are—there was the *Hamilton* controversy.

You've likely heard the details over and over, so I won't go into it too much; the cast of *Hamilton*, led by Brandon Victor Dixon, gave an impassioned speech to Mike Pence, essentially asking that he not be a massive dick of a Vice President. This was seen as a hateful and incendiary move by some (Donald Trump), and a brave and moving show of peaceful protest by others. However, a lesser-known controversy followed on the heels of this one. Tweets by Brandon Victor Dixon referring to women as “ho's” who needed to “step up their game” were unearthed, as well as a few other less-than-pleasant tweets about women.

I'm not here to defend those tweets, because I do believe they're misogynistic, hands-down. They were also from three to four years ago, and

made for a convenient distraction from Dixon's message to Pence—which was, by the way, made on behalf of the cast as a *whole*, not just Dixon himself.

One thing I truly appreciate about the left and center-left politics is that, in many circles, there is a constant drive to improve. We want to improve our understanding of social issues, how we treat one another, and how we treat those who are marginalized and who are sometimes left out of the discussion. Intersectional feminism teaches a holistic way of viewing issues of social justice with recognition of the concept of privilege, and how it sometimes makes us blind to the oppression of others.

However, I do believe that sometimes the search for ideological parity becomes a demand for ideological purity, and that is where we run into trouble.

We of the left, myself included, all have very different ideas of what an ideal society should look like, and that's a *good* thing. If these were normal times, keeping a healthy debate bouncing between us—and hell, even over that centre line to the right and back again—would enrich us as a society. The problem with a divided left currently is that these are not normal times, and at the risk of sounding like a catastrophist, we can't afford to throw

anyone who has even a few ounces of morality left in them under the bus.

Look at the last decade of Canadian politics, for example. Despite many Canadians disagreeing with Stephen Harper's politics—his silencing of climate change scientists, his problematic senate appointments and multiple election scandals—the Harper government remained in power long past its best-before date. Part of the reason why this occurred was because the left and centre-left vote was split between several parties: The Liberals, the NDP, and (because several leftists seem to conflate colours with political alignments and don't actually research party politics) the Green Party. Canadians on the right side of the political spectrum only supported one party, and that was the party that won.

We saw this happen again on a much more disastrous scale in the US election. Many leftists were understandably hesitant to support Hillary Clinton due to her worryingly close ties to Wall Street, as well as some less than savoury acts and comments towards marginalized people over the course of her political career. However, America was presented with a choice between a problematic but qualified politician, and an actively racist demagogue with no political experience

whatsoever and Putin's hand practically up his ass in a horrifying show of political ventriloquism. This was still treated like a normal election, as if Clinton's sins could even-handedly weigh against Trump's active war-mongering. The left did not show up for Clinton, and we now have a man with the intelligence of a third-grader with his tiny hand on that big red Armageddon button.

I still believe it's important to call out bad behaviour, and to keep the conversation rolling on how best to achieve a better, less marginalizing society. However, we have to approach the next few years very carefully, and very strategically. If the goal is to weaken the alt-right, then we might have to support those who—while far from perfect—are at least not actively causing harm, and who might stand a chance of wresting power back from people who support the physical abuse and torture of LGBTQ+ people, who debate over whether Jewish people are human or not, who don't believe women should have control over their own bodies and reproductive choices, and who think that simply stating that Black Lives Matter is an act of terrorism.

The name is outdated, but is there a better choice?

> Un-British Columbia

Greg Waldock
Staff Writer

Renaming land after yourself is a pretty strong hallmark of imperialism. Renaming land after yourself *and* a violent conqueror is something else. That's exactly what British Columbia is; it is named for Britain and the Columbia River, which is named for Christopher Columbus, the guy who accidentally and intentionally wiped out countless cultures. However, it's been a long time since 1858, when the name was first chosen and it became a colony. We, as a nation and as a province, are more aware of the catastrophic effects colonialism had on the First Nations peoples of BC, and only recently we've started apologized for the residential schools. Haida Gwaii had its name changed from Queen Charlotte Islands in 2010, following a series of name-changes around Canada. Should British Columbia follow suit, and choose a more appropriate indigenous name?

There's a huge problem here. There is no appropriate indigenous name.

British Columbia is one of the most linguistically diverse places on the planet, with dozens of mutually unintelligible languages spoken by tribes who possibly have millennia of war between them. Deciding that only one of these languages should represent all these diverse cultures is an even worse form of disrespect. On top of this, British Columbia has mostly artificial boundaries, and didn't exist as a concept before colonization was well under way in the area. There aren't any indigenous words for British Columbia. The closest we can get is “The Land” or something similar. So as much as it sounds like the most sensitive and respectful idea, it just wouldn't work.

We're pretty much restricted to a name that refers to the physical makeup of the province, then. A harmless name that reflects the area, and wouldn't require too much changing of signage. That name would have to follow categories: not tied to a single region, descriptive, snappy. My vote is the dorkiest, most scientifically accurate option: Boreal Cascadia. The acronym wouldn't even have to change. It

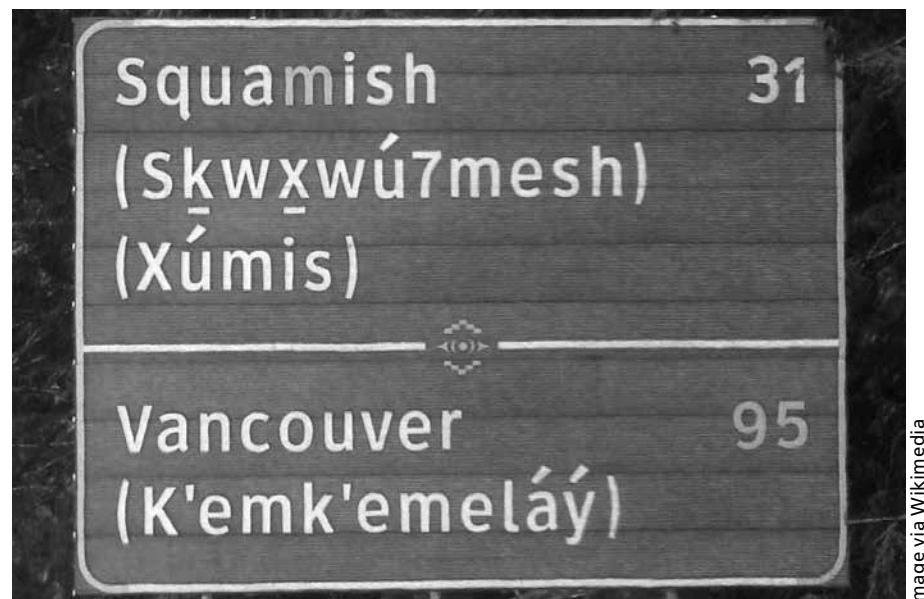


Image via Wikimedia

suits our little section of Canada in that it's bland and flavourless, but inoffensive, and kind of dramatic. It also has the advantage of not being named after a conquering nation and a violent explorer from another conquering nation who

never even dreamed of a West Coast.

If it really is our moral responsibility to have a better provincial name, then Boreal Cascadia is probably as good as we're going to get.

Don't respect Donald Trump, even if he is the president

› We can't normalize an incredibly abnormal person

Cazzy Lewchuk
Opinions Editor

In just a few days, because reality is unbelievable, Donald Trump will become the president of the United States. There are literally hundreds of reasons why he shouldn't be in the Oval Office. The majority of people are completely outraged, but many (including some of the outraged) feel he should be respected in his position. The US president is worthy of that, no?

There's no reason to respect the US president on their own. Many presidents were genuinely evil people who did terrible things. George W. Bush's Iraq war killed hundreds of thousands of people. Nevertheless, Trump is a special kind of incompetent dangerous nincompoop who doesn't deserve respect.

He's dangerously unqualified. Trump has absolutely no prior political or military experience, previously unheard of for a president. Commander-in-chief is not an entry-level job; it's the hardest job in the world and requires at least a basic knowledge of federal politics. Trump has repeatedly demonstrated that he does not have the proper education for the job. He doesn't know anything about the law, the system, or the positions he claims to hold on issues. While Trump has support from experienced politicians (although many of his Cabinet members are also politically inexperienced), he's still making powerful decisions that he doesn't understand the full ramifications of.

He's a national security risk. The

president has access to—and power over—highly important international information, including launch codes for nuclear weapons. Trump refuses to behave with diplomacy or civility, frequently criticizing foreign governments and leaders on Twitter or in person. It's already a proven fact that the Russian government influenced this election to help Trump win, and his ties to Vladimir Putin and Russia likely go much deeper.

He's a misogynistic and abusive sex offender. Trump was caught on tape claiming he likes to grope women's genitals (yes, really), and has been accused of doing so by over a dozen women. Donald was even sued by a woman claiming he sexually assaulted her when she was 13 years old. It's disgusting. Despite Trump's arguments that he wasn't being serious, his multiple accusers just won't disappear. His crass comments and behaviour around women are well-known, and sexually assaulting people simply isn't a standard of behaviour the president should be engaging in.

He's a serial liar and manipulator. Trump's buffoonery and cluelessness is terrifying, but his disregard for the truth may be the most concerning thing about the new president. In addition to endorsing baseless conspiracy theories, Trump regularly discredits the media and any other sources that don't fit his agenda. He'll publish claims that are completely wrong, and viciously shoot down credible sources. No matter how destructive Trump becomes, he will gaslight his



Image via twitter.com

followers into believing something else. It's a dangerous time when we can't agree what the truth is and the president is actively swaying us away from the truth.

His policies are insane and genocidal. Trump has called for more countries to have nuclear bombs and showed zero understanding of international diplomacy. In addition, his calls for a Muslim registry and ban on entering the United States (there are 1.6 billion Muslims worldwide) resemble policies from racist, fascist nations of the past.

It's nearly impossible to take Donald Trump seriously, or give him even the basic courtesy of respect considering his

ridiculous behaviour. He's had a year and a half to appear more professional, and he seems to be going even more mad with power. He's not a popular president, and he's barely legitimate. He got where he is through Russian hacking, an outdated electoral system, and the spreading of misinformation. He doesn't need to be respected, nor should he be. He should be continuously opposed, protested, and removed from office for national security reasons. The criteria for being president is more than "be elected," and Trump does not meet the rest.

Don't ever let him think he does.

Propaganda and excessive spending beyond Canada's 150th anniversary

› What's the big deal, anyway?

Cazzy Lewchuk
Opinions Editor



Image via ottawacitizen.com

As soon as it became 2017 on January 1, I began seeing ads about Canada's 150th. The country officially formed on July 1, 1867, so it looks like we'll be hearing about it for the next six months.

The federal government is spending \$500 million on this anniversary. While that's a rather high number, looking at the details shows that the money goes to causes I generally support in regards to uniting and reflecting Canada. Much of the money is being spent on arts and culture, and half a billion isn't a lot of money from a political view. (For contrast, Canada's defence budget was over \$18 billion in the last year.)

It's great to make people aware of the campaigns being launched this year, and even greater to have people actively involved. However, it's the advertising that really gets to me. We know Canada is turning 150 already. We know that a country forming 150 years ago is somehow a milestone, despite nothing actually that important happening. We don't need to hear about it several times a day.

Canada is actually quite a young

country. The US is older than us. So is Mexico. So is pretty much every European country by hundreds of years. For such a young country, Canadians are privileged and honoured to be as involved in international affairs as we are, and occupy a unique niche as peacekeepers around the world.

A lot of Canada's 150th revolves around unification, connection, and getting Canadians to find more common ground. The Canadian national identity is fragile, and barely tangible. It's unclear what our collective values and interests are. It's foolish to say that Canada isn't divided, or that all of its citizens enjoy a high standard. We can find things to unite us, but the lingering issues that divide us remain.

I don't like to make everything about partisan politics, and I support much of the Liberal government's efforts in strengthening Canadian culture. However, when Trudeau is faced with sobbing Canadians who can't afford carbon taxes, one in seven citizens living in poverty, and increased

disappointment in his broken promises, I wonder if Canada's anniversary should really be a top priority.

Trudeau has always welcomed Canadians to ask important and sometimes tough questions to him directly. His engagement is much more than his predecessor, or many other political leaders, and I welcome that. Part of this celebration involves sending him across the country to visit with real Canadians who ask hard-hitting questions. This tour can be seen as a photo-op and opportunity to curtail with party donors, or as a genuine attempt to get personal with citizens and improve his governing. It's probably both. I know Canadians will ask him the tough questions, and many already have. I hope he can find genuine answers that truthfully acknowledge his flaws.

We should be proud of our country for many reasons. Turning 150 is not one of them. We should use Canada's birthday as an acknowledgement of how to make the country better, while celebrating previous accomplishments.

Saying goodbye to one of the greatest leaders the US has ever known

> We'll really miss you, Barry

Cazzy Lewchuk
Opinions Editor

For many young people, including myself, Barack Obama was the first President of the United States that we remember following and cheering for. I was 13 when he first came into power, and he's unfortunately now leaving after two full terms. I quite literally grew up with this man as one of the most powerful people in the world. Even as a Canadian, his presidency made me feel safe, knowing the world was in good hands.

Obama inherited a country decimated economically by someone who many consider to be one of the worst presidents ever. Obama was able to stimulate the economy and leave a legacy of 75 consecutive months of job growth. Republicans constantly attempted to block his proposed bills, but he was still able to pass the Affordable Care Act, also known as Obamacare. While it's flawed, it still provided some sort of health care coverage to 30 million people, improving and saving millions of lives.

Internationally, Obama interfered in a way that made the US respected without being world-dominating. Things like the Iran nuclear deal and his choice to interfere in the Middle East may have gone a long way towards stability and preventing an apocalypse in the region. Obama even worked with Vladimir Putin on gradual nuclear disarmament.

Inside and outside of politics,



Image via cnn.com

Obama is charismatic, intellectual, and downright human. He's able to connect with common people on a personal level, sharing interests, fears, and hopes. He had tough and serious discussions about social issues. He engaged with a divided and diverse America using his own unique background as a liftoff point. One never gets tired of seeing photos of a

smiling Obama, whether he's playing with children or hosting a White House visitor.

By no means was Obama perfect, and much of his work deserves criticism. His decisions to authorize drone warfare and ignorance of the surveillance scandals will not reflect well on his legacy. Many Americans, particularly on the right, criticize his inability to create true

progress or change. Obama may not have been the serious progressive many hoped he was, but he was still great at his job, especially compared to his predecessors.

No matter who won the presidential race, Obama would be a tough act to follow. There will never be anyone like him. He will be remembered fondly and missed dearly.

Appreciating celebrities who survived 2016

> Beating death at an old age

Ed Appleby
Illustrator

2016 was an awful year for celebrity deaths, from David Bowie and Alan Rickman in January to Carrie Fisher and George Michael in December. Now that the year is over and we look ahead, we realize it could have been much worse, as there are a lot of famous faces who could have passed away that instead held on to survive the year.

Kirk Douglas (100). The golden age of Hollywood is long past and few true relics remain of the empire. Movies like *La La Land* can stir nostalgia in us time and again, and I have been guilty of binge watching TCM, but nothing can recall the glory of the golden age like Douglas. If anything proves that nostalgia is a powerful force, it is the continued survival of Douglas, a man who defined manliness with his chiseled chin and bulging pectorals.

Justice Ruth Bader Ginsburg (83). Known to her fans as "the Notorious R.B.G.," Ginsburg is one of the most left leaning justices on the Supreme Court of America. She has championed social justice and equal rights for all citizens, and has helped in keeping the United States from spiralling off to the right. With the death of Justice Scalia, the



Illustration by Ed Appleby

rise of Trump, and the Republicans successfully blocking Obama's nomination to the court, it is very important that Ginsburg not only survived 2016, but the next four years as well.

Stephen Hawking (75). For someone

who was supposed to have passed away 50 years ago, Hawking is still as spry as any wheelchair-bound super genius can be. Still giving lectures and still making science, Hawking has set a fine example to everyone when it comes

to facing adversity. And unlike Ray Charles and Johnny Cash, he survived his biographical Oscar-winning movie.

Queen Elizabeth II (90). Nothing shakes the foundation of the Commonwealth like the death of a monarch. At least, I would assume so, as there are few alive who remember a time when Elizabeth Rex wasn't in power. A cold around Christmas had us a little worried, but if the longevity of her mother is any indication, we have another decade before we need to worry about the line of succession.

Betty White (94), Dick Van Dyke (91), Don Rickles (90), Mel Brooks (89), Jerry Lewis (89), Carl Reiner (93). Comedians have a reputation of being long lived—something about the healing power of laughter—and the fact that we had so many great comedians survive 2016 is a testament to that.

Chuck Berry (90). We may lament the passing of some pop-rock greats over the last few years, and wonder how all of the Rolling Stones managed to stay alive, but many of us don't realize that the man who created rock-and-roll is still alive, and will be releasing an album in 2017.

Jackie Chan (62). Chan has at least four live action movies coming out in 2017. I'm honestly surprised he has lasted this long.

- ✓ Fiery Eye of Sauron appears, Surrey
 - ✓ Alcohol sales spike in anticipation of Trump's inauguration
 - ✓ Local student confidently gives wrong answer in class, disintegrates from shame
- And more!

Women wearing short skirts in this weather are better, stronger than I am

› Observations from an intimidated bisexual

Rebecca Peterson
Humour Editor

Given the recent shock of Vancouver actually experiencing something close to winter, many have taken the opportunity to get full use out of long-forgotten winter gear. For example, I bought proper mukluk-style snow boots in 2014, and I have definitely worn them more in the past week than I have throughout the past three years of ownership. The point is, we're all fucking freezing.

Except for a select few. A select, super-powered few.

I first noticed the phenomenon at my local bus stop. There I was, an odd mismatched cross between the Abominable Snowman and some other funny metaphor, bundled up in scarves and coats and gloves. A few feet away from me, however, was another woman.

A woman wearing a short skirt. She didn't look the slightest bit cold; if anything, it was as if she was living in a completely different season. A warmer season. One where a skirt and flats were really all you needed to stay warm. I was a bit jealous of her

obvious superhuman abilities to regulate body temperature more effectively than me... and a little intimidated.

Like goddamn. She looked good, and not at all hypothermic. How do you even do that?

I've been noticing, however, that this is not an isolated phenomenon. Women in short skirts and fancy shoes are all over the place, striding over the four-inch ice in three-inch heels with steely-eyed determination. They are not beholden to the whims of the weather. They are made of stronger stuff than most.

I'll expand this to include nonbinary folks, and men who appreciate skirts as well: To everyone who is braving the winter in short skirts, I applaud you. I don't know how you came to be—part of me thinks you might have antifreeze in your bloodstream, which sounds kind of awful but I mean it in the very best of ways. I don't understand how you can look at the snow and ice outside, then at your wardrobe, and decide to bare your legs to winter's wrath. We clearly live much different lives, with very different levels of tolerance for discomfort and cold.

I have no doubt, however, that when the shouty orange man in charge of the



United States slams his tiny hand down on that big red button and we are plunged into a nuclear winter for decades to come, you are the ones who will survive. I ask only that you pass our stories down through the coming generations, and remember those of us who were too weak to survive any temperature dropping

below -5 degrees. You are undoubtedly the strongest of us all, and our future depends on you and your inability to feel cold.

In the meantime, however, I'll finish with this: Y'all look great, and I would ask you to teach me your ways if I didn't think it was one of those things that just can't be taught.

The great salt wars

› How a grainy mineral destroyed Vancouver

Chandler Walter
Assistant Editor

It all started with the great cold of 2016. The lands of the Lower Mainland were caught in the icy grasp of winter, and so deep in its frosty clutches was the city of Vancouver held, that madness slowly seeped into the minds of its citizens.

The first fateful day brought with it a snowy landscape so white and so deep that all those who stepped foot outside fell victim to soggy toes. It was in those first days that the fate of Vancouver would be sealed by the inaction of its own residents.

Many saw the first falling of snow as a welcome change to the winds of autumn, though too soon were those same Vancouverites brought low by the hidden evils of the cold. We were our own worst enemies, at the beginning of it all, though the war that would befall us was one that none could have possibly foretold.

We erred. We made mistakes. We acted as humans do in a geographical location with mild weather: We failed to shovel our sidewalks.

Though some were swift to liberate the snow from their portion of the walkways in those first days (and thank the Gods for them, or many more would



have perished long ago), far too many of us remained hopeful that the rain would once again return to wash it all away, as it has done for so many years.

We were wrong. The rain did not come.

The snow lingered, and turned to unyielding ice. The once-sturdy sidewalks became a tableau of chaos, with no refuge in sight for those who braved the walkways

of doom. Those were dark days, cold days, and many buttocks fell victim to the hard justice of Vancouver's ice. Many gave up hope, remaining in their houses, awaiting a sunny day to thaw the ice that cursed them so. But that day did not come, and in their darkest hour the people of Vancouver turned to an unlikely champion: salt.

I don't know how we could have been so foolish. I don't know when our

humanity abandoned us and we were left as nothing more than animals, tearing each other limb from limb for the precious mixture of salt and sand. When the firehalls were named and the salt was spilled, we came in the hundreds armed with white buckets and metal shovels.

I have never before lay witness to the horrors that filled my eyes that day.

With their shovels they charged towards the hill of salt, with no compassion, no remorse for those who fell victim to the chaos before them. Any sense of kinship or camaraderie was abandoned that day in the name of salt, and after all was said and done, there was nothing left of that hill but faint remnants, scattered grains upon the dirty pavement.

Not a bucketful could be found by day's end, but the utter humanity of those who took part in the rampage, well. That was left behind in the fading dusk.

And for what? An easier walk to the bus stop? A quicker trip to the grocery store? At what cost was this war waged, and what is to stop Vancouver from plunging back into Dante's icy ninth circle of hell at the next dusting of snow?

Or perhaps we have learned from, and atoned for, our sins. One can only hope.

Photo Illustration by Mike LeMieux

Illustration by Ed Appleby

Fiery Eye of Sauron appears above Surrey Central building

> Dark Lord of Mordor violates tenancy code

Greg Waldock
Staff Writer

On January 3, a great Eye—lidless and terrible—took up residence above the spire at the top of the Surrey Central building, alarming city bylaw officers. The official police report states that Sauron, called “Gorthaur” by the Elves and an “unregistered immigrant” by the RCMP, appeared on the top of the tower in a torrent of black flame and cursed smog, accompanied by screaming Nazgûl—without the proper permits for such creatures.

“He just showed up one night, no paperwork and no consultation with the building,” said Officer Christopher Williams of the Surrey RCMP. “The roof isn’t up to code for habitation, incorporeal spirit of malice or not. This isn’t a racial thing—any fell servant of Morgoth is welcome in the city if they follow the rules. Gothmog, Lord of Balrogs, inhabits the Coast Capital building outside King George Station and manages a very successful A&W.”

Sauron’s appearance has led to discontent among many renters and landowners around the Surrey Central area.

“We’re just worried about property values,” said concerned citizen Jonathan Roland-Reed. “The housing crisis is at a boiling point, and the last thing we need is this ‘Dark Lord’ summoning Orcs from the lowlands to burn and pillage high-rises.”

Jonathon Roland-Reed was one of hundreds of local citizens who signed an online petition for immediate police action against Sauron. A similar, but unassociated, petition was created to rename Trump Tower in Vancouver “Isengard.”

There has so far been little official



Photograph by Analyn Cuarto

response, though mayors of cities and towns across the Lower Mainland publicly accepted gifts of golden rings from Sauron, believing them to be an attempt at government outreach. On the 8th of January, Surrey mayor Linda Hepner, riding atop what witnesses called “a foul flying beast of grey and rotting flesh,” told

the press that calling these gifts a “clear indication of bribery” was both inaccurate and insulting. She also unexpectedly announced plans to “aggressively expand” into both the city and township of Langley with raiding parties riding the Light Rail Transit planned for 2018.

Sauron has so far refused all requests

for an interview, and ignored an eviction notice taped to the ladder leading to the roof. SFU Surrey has stated they will “continue to tolerate the evil presence of pure hatred and spite currently residing at the top of the tower,” as he is technically a student and currently owes over \$12,000 in tuition fees.

Alcohol sales spike in anticipation of Trump’s inauguration

> ‘It’s the only way to numb the pain’

Rebecca Peterson
Humour Editor

As we near the inauguration of America’s first orange president, liquor stores across the continent—indeed, across the globe—are reporting record sales of every kind of alcohol.

“I mean, usually sales taper off in January after all the New Year’s hubbub is over,” said liquor store owner Timothy Goldschlager in an interview with the *Other Press* on Tuesday. “Not this year. If anything, they’re picking up. People are coming through daily—hell, we’re almost out of some of the cheaper brands of vodka and whiskey. My customers are saying it’s the only way to numb the pain.”

The phenomenon, according to some social scientists, is very easy to explain.

“Put bluntly, everyone’s fucking terrified,” said Dr. Janice Smirnoff, who teaches at James Morgan College in North Vancouver. “Have you been listening to the news? He actually called for a global arms race. Like, he *asked* for it. He wants it to happen. Did he just forget the Cold War? Did he sleep through it? What the hell is this world coming to?”

(Dr. Smirnoff paused partway through the interview to pull a mickey of Fireball from her purse, and tossed back several shots straight-up, no chase.)

“Yeah, I pretty much threw in the towel sobriety-wise when Pissgate happened,” said one American refugee outside a liquor store on Saturday. “I mean, sure it’s all unverified, but... fuck, I really wouldn’t be surprised, is the thing. And the fact that I wouldn’t be surprised

if it were true scares the shit out of me. It’s not right. The CIA has confirmed, fully, that Russia hacked the election. In a political thriller, this would be where the bad guy goes to jail and a re-election is held and we all live happily ever after. Instead we’re like, debating to what *degree* Russia hacked it, and if it even matters all that much in the end, and—”

(The American refugee paused partway through the interview to pull a mickey of absinthe from his backpack, and tossed back several shots straight-up, no chase.)

(The man was then asked where he found the absinthe by the *Other Press* reporter. For journalism reasons.)

(The reporter now has a mickey of absinthe in their purse, and they are not planning on sharing.)

“It sucks for the world, for sure,” said Goldschlager, as he pulled out his own flask of whiskey and tossed a few back (straight-up, no chase). “Like, it really sucks for the world. There’s no doubt about it. We’re all kind of fucked. But in the meantime, it’s great business for us. People are stocking up like they’re preparing for the end times—which I guess we all kind of are—and I think it’s a great idea. Alcohol will be great for bartering after the collapse of our current financial system. I know one guy who bought, like, 15 24-packs of Wildcat. He’s going places, for sure. He’s probably going to be our next premier when British Columbia secedes from the rest of Canada and we devolve into tribal factions hungry for each other’s blood. It’s all about the resources.”

Local student confidently gives wrong answer in class, disintegrates from shame

› Nothing left of the hapless student save for a pencil and a few pieces of lint

Rebecca Peterson
Humour Editor

An earth sciences class was left stunned last Wednesday morning after the sudden disintegration of one of the students.

"It was awful," said one witness. "Like, have you ever experienced second-hand embarrassment so bad you actually physically squirm? That's what it was like. Oh, and the disintegration part was pretty bad too."

The disintegration occurred after the class was asked a simple math question with relatively easy operations of subtraction and division. The student in question finished first, and raised her hand to answer.

"She was so confident—that's what I remember most," said another classmate. "She was smiling, maybe acting a little cocky, so ready to give that answer. It all just made it so much worse. Oh, and the disintegration was also kind of disturbing, but believe me, what came before it was just an enormous train wreck. I would say the disintegration was an act of mercy."

The victim, who shall remain nameless, incorrectly calculated the answer to the math question as being 0.3 per cent. The actual answer was 1.5 per cent, which the student realized a full five seconds after giving the wrong answer.

"It was written all over her face," said the student who had sat nearest to the victim. "Like, that grin just sort of froze in place? And then her eyes kind of widened, all bug-eyed, and her face just started to fall. It was awful."

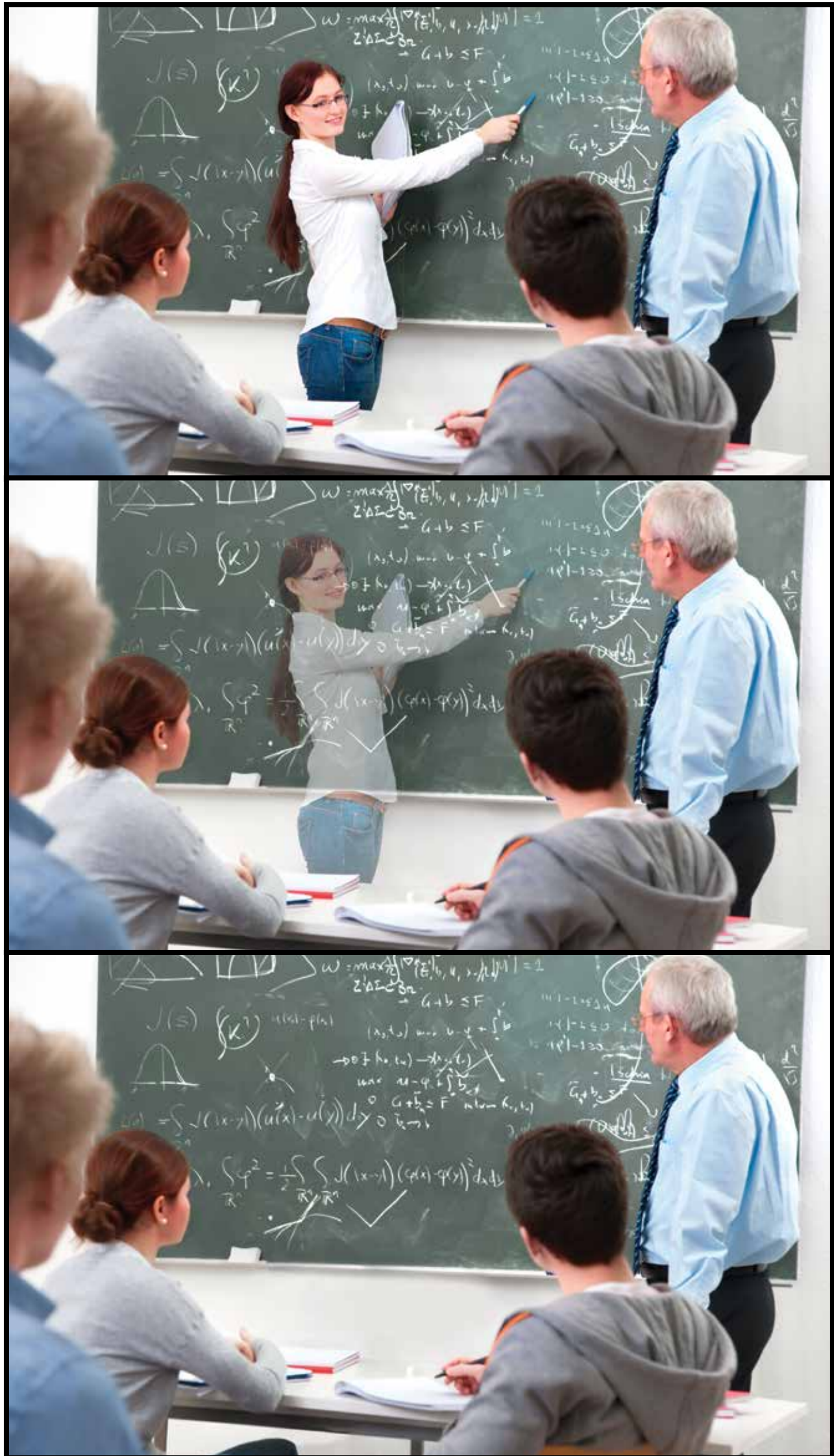
Reportedly, the victim then proceeded to start covering for her mistake with awkward stammering, insisting that she'd mixed up the numbers, she wasn't *that* horribly bad at math (though sources confirm this to be complete bullshit), and eventually she began to fall apart. Literally.

"We all kind of breathed a sigh of relief, to be honest," said the first witness. "She started crumbling, which cut off the stuttering, and we were all like, 'Oh thank God. Some merciful being has put the poor woman out of her misery. We can get on with class now.' I mean, obviously it sucks, but the alternative? Having to sit there for the next hour, knowing everyone else in the class is judging you and laughing at how incompetent you are? That would have been far worse for her. She's at peace now, I think."

Embarrassment-induced disintegrations are not entirely uncommon. Recently a keynote speaker at a Board of Trade conference made a joke in their speech that no one laughed at, and disintegrated on-stage while trying to explain why the joke was funny, to the horror and discomfort of all attending.

"It's a defence mechanism, of a kind," said one researcher into the phenomenon, Dr. Jane Siu-Never. "What we have yet to determine is whether the victim causes disintegration to occur, or those witnessing the incident and experiencing second-hand embarrassment are inadvertently causing it. It's hard to track—after all, true humiliation takes us by surprise. We can't exactly attach sensors to everyone and hope they embarrass themselves enough to will themselves out of existence."

In the meantime, the departed student is being remembered as "a hardworking and intelligent woman, who really sucked at math and honestly should have known better than to try and answer a math question in front of witnesses."



DOUGLAS STUDENTS' UNION PRESENTS

WINTER WELCOME PUB NIGHT

JANUARY 19 A FROST 2017 EVENT

LOCATION

**The Lamplighter
Gastown: 92 Water St.
6 min walk from Waterfront**

TIME TO SOCIALIZE

**8:30pm
-to-
12:30am**

ADMISSION

**Free!
19+ only,
Gov't & DC
ID required**



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